

NAME OF THE EXERCISE: Rub away your stress

HOW LONG WILL THIS TAKE: Approximately 1 minute

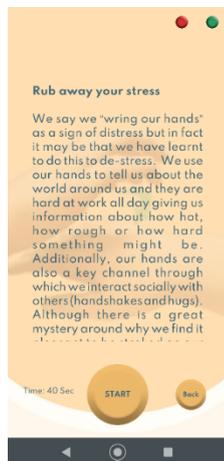
AIM OF THIS EXERCISE: To calm ourselves when feeling stressed by rubbing our hands

1. To find the exercise, click on “Stress Control” in the exercise tab.



2. Click on “Rub away your stress” Exercise

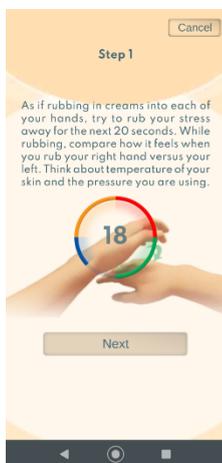
You will then be taken to the Exercise description. Click “Start” when you are ready. You can scroll up on the screen to read the complete description.



3. Click “Yes” when you are ready and you can proceed to follow the instructions in 2 steps for 20 seconds each. You can use scented hand cream or lotion for Step 2.



4. Click on “Next” when finished to move on to step 2.



5. Click on “Done” when finished with step 2 to move on to the next step.



6. You will then be asked to indicate how you feel after this exercise (on a scale from “worse” to “much better”). Simply click on one of the options.

7. You may also add a note to your diary or make a suggestion about your experience with the app.

