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### Progressive Muscle Relaxation Script

Progressive muscle relaxation is an exercise that reduces stress and anxiety in your body by having you slowly tense and then relax each muscle. This exercise can provide an immediate feeling of relaxation, but it's best to practice frequently. With experience, you will become more aware of when you are experiencing tension and you will have the skills to help you relax. During this exercise, each muscle should be tensed, but not to the point of strain. If you have any injuries or pain, you can skip the affected areas. Pay special attention to the feeling of releasing tension in each muscle and the resulting feeling of relaxation. Let's begin.

Sit back or lie down in a comfortable position. Shut your eyes if you're comfortable doing so. Begin by taking a deep breath and noticing the feeling of air filling your lungs. Hold your breath for a few seconds.

*(brief pause)*

Release the breath slowly and let the tension leave your body.

Take in another deep breath and hold it.

*(brief pause)*

Again, slowly release the air.

Even slower now, take another breath. Fill your lungs and hold the air.

*(brief pause)*

Slowly release the breath and imagine the feeling of tension leaving your body.

Now, move your attention to your feet. Begin to tense your feet by curling your toes and the arch of your foot. Hold onto the tension and notice what it feels like.

*(5 second pause)*

Release the tension in your foot. Notice the new feeling of relaxation.

Next, begin to focus on your lower leg. Tense the muscles in your calves. Hold them tightly and pay attention to the feeling of tension.

*(5 second pause)*

Release the tension from your lower legs. Again, notice the feeling of relaxation. Remember to continue taking deep breaths.

Next, tense the muscles of your upper leg and pelvis. You can do this by tightly squeezing your feet together without going to the point of strain.

**Preview**  
page 1 of 2

## Social-Emotional Development Ages 7-8

Seven and eight year olds enjoy making friends and you might see them imitating their friend's behaviors and mannerisms. Children this age will try and work conflicts out on their own. However, they will still sometimes seek out help from adults to solve problems with peers. Here are some additional things you might be seeing from your 7 and 8 year olds:

### Self-Management Skills

- Expresses feelings with words
- Able to delay gratification
- Able to use coping skills when upset
- Able to manage transitions

### Responsible Decision Making Skills

- Thinks of pros and cons of different options
- Able to identify consequences for actions

### Self-Awareness Skills

- Knows their wants and needs
- Sense of self- worth is emerging
- Can be very self-critical
- Describes self based on external and behavioral characteristics (i.e. I have a dog. I like to swim)

### Relationship Skills

- Share opinions with peers
- Able to resolve conflicts with friends
- Can be competitive when playing games
- Make friends with opposite gender
- Imitate their friends

### Social Awareness Skills

- Shows interest in abstract concepts (i.e. justice)
- Shows compassion for people who experience social difficulties (i.e. poverty)
- Relies on adults for security



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### What keeps low self-esteem going?





# Seeking Safety PDF Handouts - Group Psychotherapy

GLOBAL EDITION



## Human Anatomy & Physiology

TENTH EDITION

Elaine N. Marieb • Katja Hoehn

ALWAYS LEARNING

PEARSON

This slang is still in use today, albeit with a more "adult" context a la a Playboy bunny. Rabbits are a prey species and will need a safe space to escape potential stressors. If looking to add a house rabbit to your home, consider adoption, as many homeless rabbits are looking for forever homes. This is Chelsea, where some view town as a place to party and country where you go to recover at mum and dad's. They don't need to be bathed often because they are very clean animals, but brushing them regularly can keep them happy and healthy. A hare will be bigger than a bunny/rabbit and live in grass as opposed to the ground. Developed from the successful Norwegian text *Den Store Kaminkoka* by the award-winning author Marit Emilie Buseth, *Rabbit Behaviour, Health and Care* will help you develop an understanding of the rabbit's nature, which will help you to spot normal and abnormal behaviour; learn about the correct living conditions in which to keep domestic rabbits, in terms of their behavioural, physical and social needs; acquire essential knowledge about rabbit nutrition, dentistry and disease; discover a new and improved approach to rabbit-keeping through stories and case examples of real rabbits; gain a rewarding owner-pet relationship. Rabbits are extremely popular pets, but misconceptions about their care and behaviour are widespread. Paper bags, cardboard boxes, and tunnels provide hide spots and a space to crawl, scratch, and chew. Movement of the ears also assists rabbits' body temperatures because rabbits' blood flows differently when their ears are in different positions. The term "rabbit ears" for one's cable antenna goes beyond the description of their appearance — their rotational range and reception function make the term rather fitting. At some point in the 1800s, "bunny" started to catch on as a colloquial term for a young woman or girl. By MedVet's Avian and Exotic Service | Posted InPet Owners | Tagged Avian & Exotics Hay: Adults rabbits should be fed unlimited timothy hay or other grass/oat hays. Reference Rabbit Roundup: 4 Posts That Are All About Bunnies Here at Reference, the subject of bunnies is certainly not off limits — and is perhaps even an area of interest among our staff and readers. The effect was fittingly like being in the urban version of a cow shed. Hares generally live in the wild, while bunny rabbits are more domesticable animals. They don't enjoy root vegetables in general; grass hay is a bit more their style. Rabbits should eat a pile of hay at least the size of their body every day. Treats (sparingly): Herbs such as basil, dill, and/or mint. This decreases the likelihood of them jumping from your arms and hurting themselves. Eventually, German immigrants brought over their practice of "Osterhase," a chase to find decorated eggs, to the states in the 1700s. Rabbits can be litter boxed trained. Feeding alfalfa hay to an adult rabbit can lead to health problems. Maybe it's an antlers thing? Photo Courtesy: Sasistock/Stock Have you ever wondered about the dichotomy between "bunny" and "rabbit"? We recommend yearly physical exams for all rabbits. Greens: You may offer vegetables, such as romaine, mustard greens, dandelion greens, carrot tops, red leaf lettuce, parsley, cilantro, bok choy, radish tops, watercress, and/or escarole. Aside from the Easter Bunny, the Energizer Bunny, Bugs Bunny, Roger Rabbit, Thumper from Bambi and other rabbits are all touchstones in culture today, so it's fitting that we'd want to know more about what these animals are really like. This book helps veterinarians and rabbit owners to overcome these challenges by understanding the rabbit's nature and needs. Make sure to supervise your bunny at all times if it is outside of the rabbit proofed area as they can easily hide and rapidly chew furniture, cords, and other hazards. Your cage and play yard should include the following: Timothy hay should always be available. Water bottles or heavy water bowls that cannot be tipped over. Although rabbits do not require any vaccinations, we recommend routine veterinary care since physical exams may reveal disease in the early stages. Marshland salsify and sea-purslane leaves littered a fillet of hake, with a perfectly balanced sauce of cider, cockles and butter. by Marit Emilie Buseth, Richard Saunders December 2014 This book is an essential, thorough, very practical guide to understanding and caring for your rabbit. Photo Courtesy: Andyworks/Stock Rabbits were most commonly referred to as "coney" up until the 1700s. Come with us down the rabbit hole — pun intended — and you'll see what we mean. But to see it as a party venue does the cooking a disservice: the Gladwins — who also run The Shed in Notting Hill — can really cook. Diet Rabbits are herbivores and their diet should be unlimited hay, fresh greens, and good quality timothy-based pellets. The "small plates" menu lets you try at least two or three per person. Hay is essential for a rabbit's gastrointestinal health, as well as, to help prevent dental disease. This is where the name for Coney Island comes from (I had always thought it was an ice cream reference!). Housing/Enclosure Most commercially available rabbit cages are too small for 24-hour housing, so prepare a secure play yard for your rabbit to enjoy for a few hours each day. Most illnesses or behaviour problems are a direct or indirect result of poor nutrition and care. These types of foods can lead to gastrointestinal and dental abnormalities. Do not offer cherry, peach, apricot, plum, and redwood, which are all poisonous. Many people abstained from eggs because of Lent, so they always resumed eating eggs on Easter. There are many breeds of rabbits, and they come in all sizes, colors, and personalities. Rabbits, Bunnies and Hares: What's in a Word? Since eggs only stay fresh for so long, this also may be why we hard-boil our eggs before we decorate them. Due to its high calcium content, alfalfa hay should be fed to young rabbits up to six to eight months old, pregnant, and/or nursing rabbits, only. "Rabbit," as Chas 'n' Dave fans know, is Cockney rhyming slang for 'talk'. By following the advice in this book, both rabbit owners and veterinary health professionals report healthier and more content rabbits. Rabbits can break their back easily if they are inappropriately handled due to the strength of their back legs. Always place a rabbit back into the cage or onto the floor, rear-end first. They jump quite high and live in unique homes. When picking up a rabbit, it is important to support their whole body, and if the rabbit is nervous, you can let them hide their eyes in your elbow. As far as the Easter Bunny goes, it came from Germany just like Santa Claus. Start by lining with hay and slowly switch to the newspaper, carefresh®, or a recycled pelleted litter that is changed every day. They might seem so common that a little bit of digging into their biology and what they symbolize can often lead to surprise. Fruit and vegetables such as strawberries, carrots, banana, and/or squash. The words "bunny" and "rabbit" are in part synonyms and in another way are like accessories to each other. Don't worry, this is called a binky, and normal behavior for a happy bunny! It is important to pick up and set down a rabbit correctly. Flooring should be solid, non-slip, and lined with towels, carpet remnants, carefresh® bedding, and/or newspaper. Timothy-based Pellets: Feed no more than 1/4 cup of pellets per five pounds of rabbit. Dandelion and clover flowers and leaves). Discuss with your veterinarian for more information on these facilities. Foraged and wild ingredients feature prominently. Provide a litter box. MORE FROM REFERENCE.COM IE 11 is not supported. Hide treats, greens, or hay in newspaper or paper towel tubes. Hares are the crocodiles to rabbits' alligators. You can download the paper by clicking the button above. To provide enrichment and to satisfy a rabbit's inherent chewing behavior: Offer willow and apple branches and/or chew toys. Behavior and Handling A relaxed bunny may lay on their stomach or side, with their hind legs stretched out behind them. Avoid pine and cedar shavings as these can cause respiratory issues. How a rabbit became the mascot of an egg-related holiday that's also meant to commemorate the Resurrection of Christ is unclear, but historians speculate that rabbits as a symbol of fertility fit so well with spring that the animal eventually became emblematic of the holiday. Plus, their mostly herbal diet makes them approachable enough to be considered "cute." There's a lot to appreciate and admire about bunnies. Intact male rabbits can exhibit unwelcome reproductive behaviors, such as mounting and urine spraying. On our visit, some customers even gave high-fives to the Gladwin brothers, the chef-proprietors (who returned the overfamiliar Americanism). We're not sure what real country folk will make of Rabbit's jokey, 'rustic' interior, but as Oliver, Richard and Gregory Gladwin hail from West Sussex farmland themselves, we imagine they didn't have trouble sourcing the tractor bonnet decorating the bar, the corrugated iron panelling, or the back end of a fox mounted on a wall. They are known for their reproductive habits and rightfully so, they mate quite often. That ability helps bunnies pinpoint the location of particular sounds to help them avoid predators. And customers of Rabbit, a new restaurant on the King's Road, excel at talking — plus shouting, hooting with laughter and generally making a lot of noise. PDF 19.4 MB Download Rabbits are inquisitive, loving pets, and make great family pets in households with older children. Avoid the "deluxe" pellet mixes with seeds and dried fruits. Feed one handful of greens per five pounds of rabbit. We watched the staff decant the 'Shed white' from silver vacuum packs into rustic wine bottles for serving at the table, with one person holding the pack and the other 'milking' it. Before purchasing a rabbit, we recommend considering adoption. Cardboard boxes or commercially available huts are great options. Even More Facts That Are All About Bunnies Rabbits have excellent hearing and can rotate their ears 180 degrees. Rabbits might see their biggest time in the spotlight around Easter and spring, but National Rabbit Day is actually on the final Saturday of September every year. If you have never seen this behavior before, some owners may become concerned. Photo Courtesy: kzenoni/Stock You might be surprised to find out that rabbits don't actually eat carrots. There are many shelters and rescues in the area. Resources for Additional Information on Rabbits We hope this information helps you care for your rabbit. This checks out, because rabbits are everywhere, and there is a lot to celebrate. Most rabbit's average life span is eight to 12 years. Vegetables are used imaginatively: smoked Jerusalem artichoke was stir-fried with rainbow chard and served with spaghetti squash. We recommend the following diet brands: Oxbow Animal Health, Sherwood Pet Health, and Small Pet Select. We can't comment on desserts: service was getting patchy as the evening wore on, and our orders never arrived. The Gladwins grew up at Nutbourne Vineyards, so the perfectly good Nutbourne wines are well-represented. It feels more like a bar that does food, down to the 'stable door' entrance where smokers can linger outside. If your bunny ever stops eating suddenly, stops producing feces suddenly, or is having trouble breathing, these can be signs of life-threatening diseases and the rabbit should be seen by a veterinarian immediately. For an optimal experience visit our site on another browser. 23 problem-solving finds we can't live without Loading PreviewSorry, preview is currently unavailable. We recommend spaying and neutering pet rabbits. You can also offer a dig box filled with shredded newspaper or dirt to satisfy their instinct to burrow. Photo Courtesy: Barcroft Media/Getty Images As a species, the rabbit is small enough to be a pet and fast and independent enough to live in the wild. They also enjoy eating fruits and other sweets. Decorating them makes sense, because who wants to look at eggs for very long? Female rabbits have a very high incidence of uterine disease/cancer and spaying will prevent these problems. A 'mouthful' (appetiser) of 'brown crab bomb, lemon dulce' set the scene for cooking of great technical prowess, with a crisp shell containing the warm crustacean centre, held in place on the plate by a seashore-scented lemon mayonnaise. Rabbit ravioli was the best dish, meat tender, pasta al dente but glossed with bone marrow, lovage pesto and wild mushrooms. Rabbits are everywhere, from the great outdoors to our television screens. We recommend solid floored and not wire bottom cages because they predispose rabbits to get sores on their hocks, commonly called "sore hocks." Provide hide spots. These brands have both hay and pelleted options available. What all about bunnies makes them so special? Veterinary Care Common diseases in pet rabbits include dental disease (molar elongation and tooth root abscesses), bladder stones, gastrointestinal stasis and bloat, external parasites, and cancer in older patients. Your rabbit may run around quickly and jump straight up in the air, shaking their whole body. The Columbus House Rabbit Society, Ohio House Rabbit Rescue, and Columbus Humane all rescue and adopt out rabbits. Like deer, male and female rabbits are referred to as "bucks" and "does" respectively. "Bunny" comes from the Celtic/Scottish word "bun," which dates back to the 1600s and was used to describe someone's rear-end or the hide of a rabbit that someone may have hunted or trapped. Add one vegetable to the diet at a time to eliminate any item that causes soft stools or diarrhea.

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