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# AUTO-ERREGULATZEKO AHOLKUAK





## Zer gertatzen zait urduri nagoenean?



Urduri nagoenean haserretu egiten naiz



Eta bakarrik egotea behar dut



Gertu dauden pertsoneri oihu egiten diet



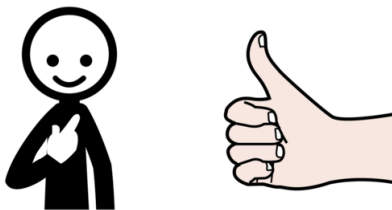
Ez ditut gauzak egin nahi



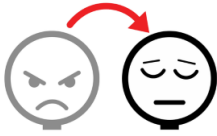
Belarriak estaltzen ditut,



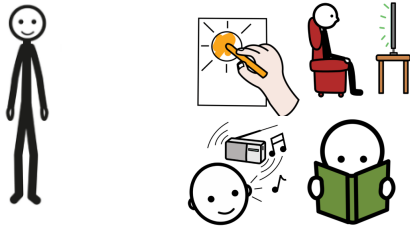
Zaratak eta ahotsak gogaitzen ditut



Nik ondo egon nahi dut



## Nola erlaxatu naiteke?



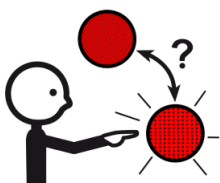
Pertsona bakoitzari jarduera ezberdinak erlaxatzen diote

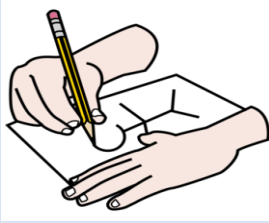


Erlaxatzeko jarduera ezberdinak proposatzen dizkizut

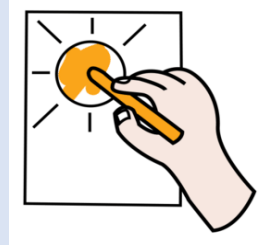


Aukeratu zuk zein egin nahi duzun

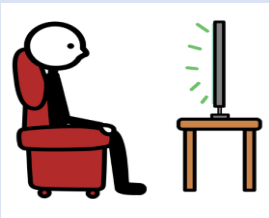




MARRAZTU



PINTATU



TELEBISTA IKUSI



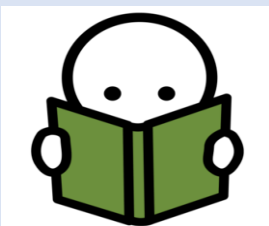
ORDENAGAILUA  
ERABILI



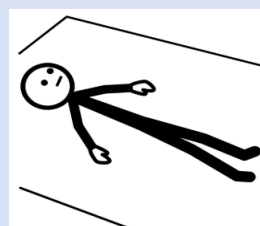
MUSIKA ENTZUN



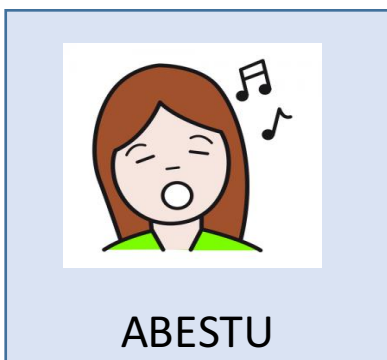
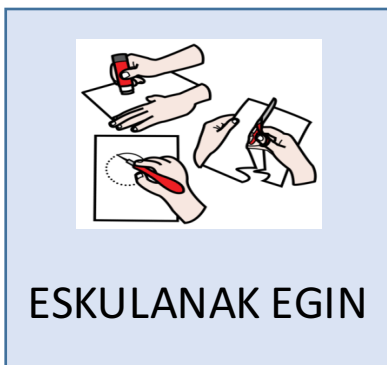
ATSEDEN HARTU



IRAKURRI



ETZAN



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# ESKUKO MASAJEA

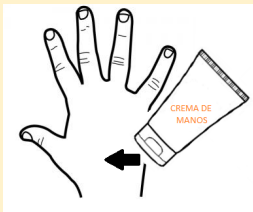
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1



**Eskuko krema  
erabili**

2



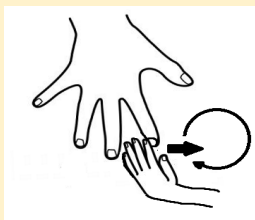
**Krema astiro-  
astro zabaldu**

3



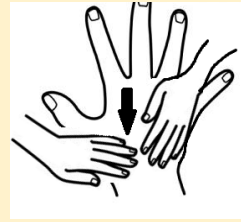
**Esku- atzeak masajeatu  
mugimentu zirkularrak  
eginez.**

4



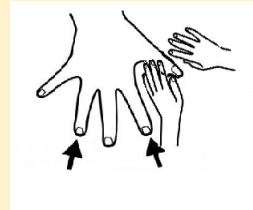
**Behatz bakoitza emeki  
biratu eta tiratu**

5



**Eskuaren atzealdea  
masajeatu beherantz presio  
eginez.**

6



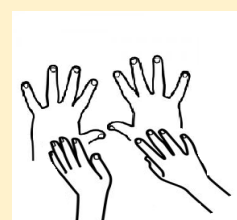
**Behatzak masajeatu**

7



**Eskuak estutu eta  
eskumuturrak biratu**

8



**Masaje leun, luze eta  
lasaigarriarekin amaitu**



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# BURUKO MASAJEA

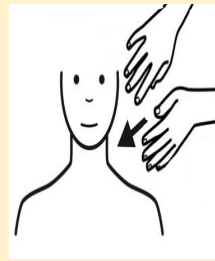
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1



**Berotasuna aplikatu**

5



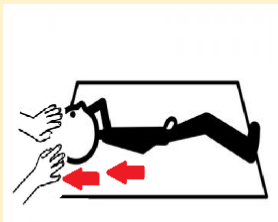
**Lepoa masajeatu**

2



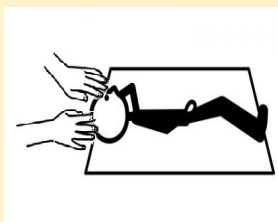
**Masajeak egiteko  
olioa erabili**

6



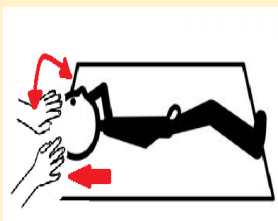
**Bururantz hurbildu**

3



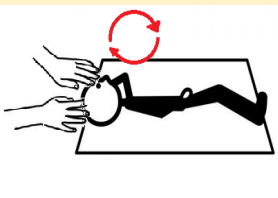
**Burua etzanda duzula  
emeki masajeatu**

7



**Hiletik tira egin  
goxotasunez**

4



**Mugimendu  
zirkularrak egin**

8

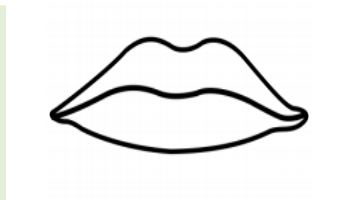
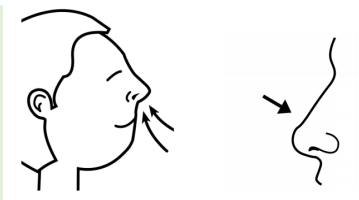


**Esku-azpiekin burua  
masajeatu**

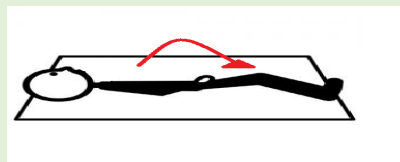
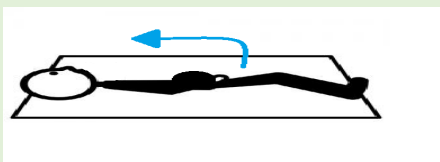
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# ARNASKETA ARIKETAK

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Sudurretik sakon arnastu ahoa itxita duzula eta haizea ahotik kanporatu .



Etzan eta arnas-hartzeak eta arnasbotatzeak egin



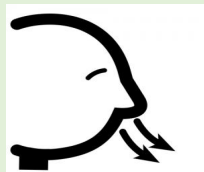
ARNAS-HARTZEA



ARNASBOTATZEA



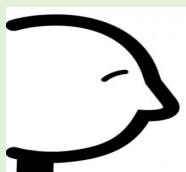
Yogako postura ezberdinak egin



Haizea bota



Haizea hartu



Haizea eutsi



Burua goratu



Haizea kanporatu