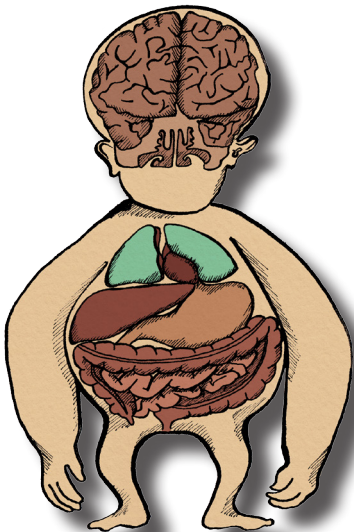


I'm chilled out;  
I feel relaxed and content...

My muscles are relaxed

The oxygen in my blood is mainly  
directed to my digestive system



My breathing is slower and my  
eyelids are heavy

Resting gives my brain and body  
a chance to recharge my batteries

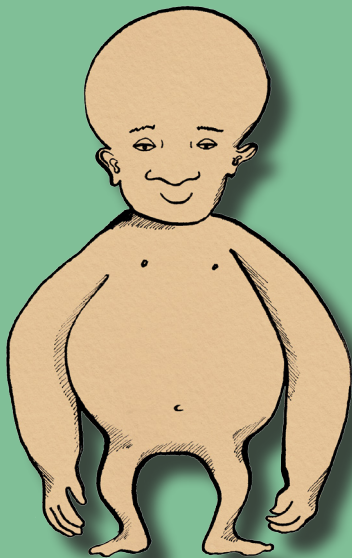
I'm open to affection and new ideas

Why do I feel this way? Find out at:  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

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# Rest and Digest



“You had me at ‘Hello’...”