

# Progressive Muscle Relaxation

## The procedure

- Focus on the first target muscle group
- Take a slow, deep breath in and tense (squeeze) the first muscle group
- Hold it for 5 to 10 seconds
- Suddenly and completely relax the muscle group while exhaling your breath
- Focus on the difference between the tensed muscle and relaxed muscle
- Relax for 10 to 20 seconds before you work on the next muscle group
- Once you are finished all of the muscle groups, count backwards from 5 to 1 to bring your focus back to the present.

Note: Be careful not to tense your muscles too hard. You should not feel any pain or cramping while completing this exercise. If you have any medical issues that impede your physical activity such as pulled muscles or broken bones please consult your doctor before trying this exercise.

## The muscle groups

Muscle group	What to do
Foot	Curl your toes downward
Lower leg and foot	Point your toes towards you
Entire leg	Squeeze thigh and calf muscles
Hand	Clench them
Entire arm	Draw your forearm up towards your shoulder and clench fist
Buttocks	Tighten by pulling your buttocks together
Stomach	Suck it into a tight knot
Chest	Take a deep breath and hold it for 5 to 10 seconds
Shoulders	Shrug them (raise towards your ears)
Neck	Press the back of your head against the floor or chair
Mouth	Press your lips together tightly
Eyes	Close your eyes as tightly as you can
Forehead	Wrinkle it into a deep frown