

Progressive Muscle Relaxation (PMR)

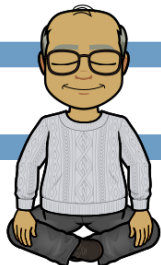


What

PMR is a relaxation technique that involves tensing and relaxing different muscle groups to help relieve tension, stress and anxiety.

When

When you're feeling anxious or stressed, having trouble sleeping, or dealing with chronic pain.



How

1. Breathe in, and tense the first muscle group for 4 to 10 seconds.
2. Breathe out, and suddenly and completely relax the muscle group.
3. Take 2 to 3 slow deep breathes while noticing the difference between how the muscles feel when they are tense and when they are relaxed.



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Now let's practice! Go from #1-10, breathing in and tensing each muscle group for 4-10 seconds before breathing out and relaxing the muscle group. Take 2 to 3 slow deep breathes to notice how your body feels before moving onto the next muscle group.

10. Tightly close your eyes

9. Open your mouth wide

8. Raise your shoulders to your ears

7. Flex your bicep

6. Clench your hands

5. Contract your abdominal muscles

4. Flex your gluteal (bum) muscles

3. Squeeze your thigh muscles

2. Squeeze your calf muscles & pull your toes back

1. Curl your toes tightly

