

Progressive Muscle Relaxation

- 1) Get comfortable— lie down, loosen any tight clothing, put a pillow under your head or knees if you'd like.
- 2) Quiet your mind and focus on your body.
- 3) Tense for 5 seconds and then relax each muscle group as follows:

- Raise your eyebrows as high as you can
- Squeeze your eyes tightly shut
- Purse your lips together tightly
- Extend your arms alongside your body and clench your hands into fists
- Extend your arms towards the ceiling and push as if there was an imaginary wall there
- Bend your elbows and tense your biceps
- Shrug your shoulders up towards your ears
- Arch your lower back up off of the floor
- Tighten your abdominal muscles
- Tighten the muscles of your butt and hips
- Press your thighs together as hard as you can
- Flex your feet towards your body
- Curl your toes tightly

- 4) Focus on any muscles that may still be tense and repeat the tensing and relaxation a few times for them
- 5) Be aware of how your body feels. Try to fix the feeling of relaxation in your mind so you can return to it when you need to in the future.