

Progressive Muscle Relaxation

Progressive muscle relaxation works by helping you become more aware of tension in your body and then consciously releasing it.

(1) Hands

Focus on your hands. Make a fist with your right and then your left hand. Tense for 5 seconds. Notice you have control over the tension. Now relax. Let go, open your hands. Notice you have control over your relaxation. Take a breath.

(2) Shoulders

Focus on your shoulders. Bring your shoulders up to your ears. Tense for 5 seconds. Notice you have control over the tension. Now relax. Let go, gently bring down your shoulders. Notice you have control over your relaxation. Take a breath.

(3) Eyes

Focus on your eyes. Squeeze your eyes shut. Tense for 5 seconds. Notice you have control over the tension. Now relax. Let go, open your eyes. Notice you have control over your relaxation. Take a breath.

(4) Heels

Focus on your feet. Push your heels into the ground. Tense for 5 seconds. Notice you have control over the tension. Now relax. Let go, gently bring down your heels. Notice you have control over your relaxation. Take a breath.

(5) Toes

Focus on your feet. Curl your toes into the ground. Tense for 5 seconds. Notice you have control over the tension. Now relax. Let go, gently uncurl your toes. Notice you have control over your relaxation. Take a breath.

(6) Practice!

Progressive muscle relaxation is a skill, that means every time you do it you can get more out of it! The really nice thing is you can do all steps or just one step, any time, any place! You have the control to let go of tension!