

# PROGRESSIVE MUSCLE RELAXATION (PMR)



Anxiety and stress can create muscle tension. Learn to relax using PMR, where you create tension and release the different muscle groups of your body one at a time.

## HOW TO DO IT



- 1 Choose a quiet place and set aside about 15-20 minutes for this exercise.
- 2 You'll squeeze your muscles from the feet to your head: feet, legs, hands, arms, buttocks, stomach, chest, shoulders, neck, mouth, eyes, and forehead.
- 3 Focus on the first target muscle group. Take a slow, deep breath in and tense (squeeze) the muscle group, holding it for 5-10 seconds.
- 4 Focus on the difference between the tensed muscle and the relaxed muscle.
- 5 Relax for 10-20 seconds before moving onto the next muscle group.
- 6 Once you finish, count backwards from 5 to 1 to bring your focus back to the present.



**!** Don't tense your muscles too hard! You shouldn't feel any pain or cramping during the exercise.