

## **Progressive Muscle Relaxation (PMR)**

During this exercise, you will be working with almost all the major muscle groups in your body. To make it easier to remember, start with your feet and systematically move up (or if you prefer, you can do it in the reverse order, from your forehead down to your feet). The benefits are to notice the ‘releasing’ sensation - like the flow of a wave going through each muscle as you release the tension. The more you practice this, the more able you will be to notice when you are feeling tension, and to make a choice about releasing that tension in your body.



**Lower leg and feet** (tighten your calf muscles by pulling toes towards you)



**Entire leg** (squeeze thigh muscles while doing above)  
(Repeat on other side of body)



**Hands** (clench your fists)



**Entire arm** (tighten your biceps by drawing your forearms up towards your shoulders and “make a muscle”, while clenching fists)

**Buttocks** (squeeze and release)



**Stomach** (suck your stomach in)



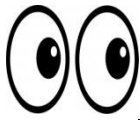
**Chest** (tighten by taking a deep breath)



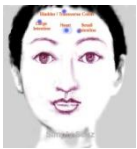
**Neck and shoulders** (raise your shoulders up to touch your ears)



**Mouth** (open your mouth wide enough to stretch the hinges of your jaw)



**Eyes** (clench your eyelids tightly shut)



**Forehead** (raise your eyebrows as far as you can)

### **Paired Muscle Relaxation**

(Breathe in = tense muscle // Breathe out = release)