

Progressive muscle relaxation

Find a quiet place where you can sit comfortably or lie down. Remove your shoes and wear loose clothing. Relieves muscle tension, reduces stress, and aids in better sleep.

Steps

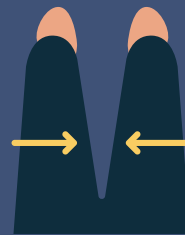
Feet: Tense the muscles in your toes by curling them downward; hold the tension for five seconds. Then relax for 30 seconds, noticing the sensation of release.



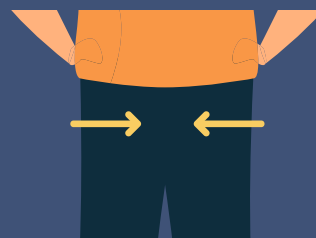
Legs: Tense the muscles in your calves by pulling your toes towards you, hold for five seconds, and relax.



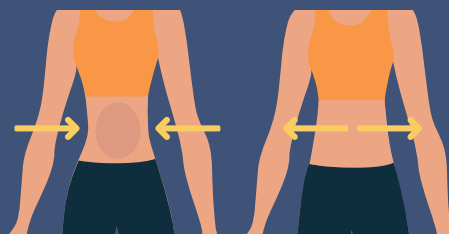
Thighs: Tense your thigh muscles by pressing your legs together as if squeezing something between them. Hold, then relax.



Buttocks: Tighten your buttock muscles, hold, then relax.



Abdomen: Tense your stomach muscles by sucking your stomach in, hold, then release.



Back: Arch your back slightly without straining, hold, then relax.

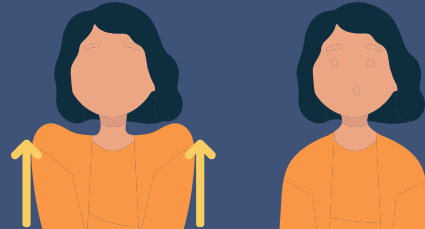




Arms: Create fists and bend your arms at the elbows to tense the muscles, hold, then relax.



Shoulders: Shrug your shoulders up to your ears, hold, then relax.



Neck: Carefully tilt your head back as if looking at the ceiling, hold, then return to a neutral position.



Face: Squeeze your eyes shut, frown deeply, and purse your lips, hold, then relax.



Breathe: Inhale and exhale deeply between tensing and relaxing different muscle groups.



Repeat: Work your way up through each muscle group as described. Repeat the cycle if desired.

