PROGRESSIVE MUSCLE RELAXATION

GET COMFORTABLE

Choose a comfortable position. You can lay down or sit.
When you're ready, close your eyes and be very quiet.

TOES

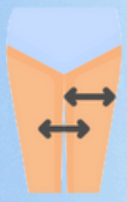
Curl your toes as tightly as you can and hold for 5 seconds. Relax

FEET

Bend your ankles upward, pointing your feet towards your body, and hold for 5 seconds. Relax

THIGHS

Squeeze your thigh muscles by pressing your legs together as tightly as you can. Imagine you are holding something between your legs and don't want it to fall. Hold for 5 seconds. Relax

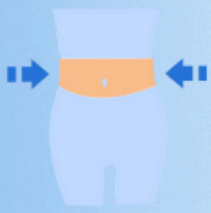


HIPS AND BUTTOCKS

Tighten your hips and buttocks. Can you lift yourself up higher in your seat? Hold for 5 seconds, then relax.

ABDOMEN

Squeeze your stomach muscles and hold for 5 seconds, then release.

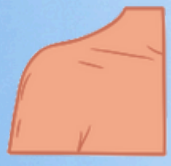


BACK

If you're laying down, arch your back off the ground. If you're sitting, arch it backward and hold for 5 seconds. Relax.

SHOULDERS

Shrug your shoulders up to your ears and squeeze for 5 seconds. Relax.



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PROGRESSIVE MUSCLE RELAXATION

ARMS

Bend your arms and squeeze your biceps like you're pinching something in your elbow between your forearm and bicep. Hold for 5 and release.

HANDS

Extend your arms out straight and squeeze your fists tightly for 5 seconds. Relax.

MOUTH AND JAW

Open your mouth as wide as you can and hold it open for 5 seconds. Relax.

EYES

Squeeze your eyes shut as tight as you can and hold for 5 seconds. Relax

FOREHEAD

Raise your eyebrows as high as they go. Hold for 5 seconds, then release.

WHOLE BODY

Now, squeeze your entire body as hard as you can and hold it for 5 seconds. Relax

HOW DO YOU FEEL?

IDo any parts of your body feel tight or tense? If they do, squeeze and release those muscles a couple more times. Then, you're done!

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