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Progressive Muscle Relaxation

Find a quiet, comfortable place to sit or lie down. Try closing your eyes while doing Progressive Muscle Relaxation and find some nice, relaxing music to listen to during your practice. Here are the simple steps for each muscle group, starting at your head and moving down to your feet.

Take a few slow, deep breaths, in through your nose, out through your mouth. Tighten the muscle groups in the order below, holding each for 5 seconds. Really feel the tension. Then, silently say, "*Relax. Let it go.*" as you quickly relax the muscles and let go of the tension. Relax for 15 seconds. Repeat the steps 3 times for each muscle group. Then, go on to the next muscle group and repeat the steps.

Forehead: wrinkle forehead

Face: smile really big, squeeze eyes shut, tighten cheeks

Mouth: open your mouth as wide as you can, tightening the jaw

Neck: turn left, turn right, then tilt chin down to chest

Shoulders: bring shoulders up towards your ears, like a shoulder shrug

Chest: push chest out, shoulders back

Stomach: breathe in, then tighten stomach muscles

Back: arch your back, pushing shoulder blades together

Arms and hands: make fists then flex your bicep muscles

Buttocks and thighs: squeeze and tighten

Legs and feet: straighten legs out, curling toes down towards the wall, then up towards your head