

Progressive Muscle Relaxation

Lie on your back and stretch out. Inhale and tense the muscle group for 4-10 seconds, then exhale and release. Take 1-2 deep breaths before moving on to the next muscle group.

- Hands: Clench them into a fist
- Wrists and forearms: Extend them and bend wrist back
- Biceps and upper arms: Flex your biceps
- Shoulders: Shrug them
- Forehead: Wrinkle it into a deep frown
- Eyes & Nose: Close your eyes as tightly as possible
- Cheeks and Jaws: Smile as widely as you can
- Mouth: Press your lips together tightly
- Back of the neck: Press your head back hard
- Front of the neck: Touch your chin to your chest
- Chest: Take a deep breath and hold it, then exhale
- Back: Arch your back up and away from the floor
- Stomach: Suck it into a tight knot
- Hips and bum: Squeeze tightly
- Thighs: Tighten muscles
- Lower legs: Point your toes toward your face. Then point your toes away and curl them downward
- Entire body: Tighten all muscles in your body