**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