



Progressive Muscle Relaxation

1



Step One

Find a place to sit comfortably and close your eyes. Start to mentally scan your body, and focus on each group of muscles within your body.

2



Step Two

Begin to breathe in and tense each group of muscles in your body as you inhale. For example, clench your fist, wrinkle your forehead or tighten your arm muscles.

3



Step Three

Then, breathe out and relax each group of muscles completely and at once. Notice the difference in how your muscles and your body feel when they are tense versus relaxed.

How it Helps



Helps Us Reduce Stress



Helps Us To Relax



Helps Us Breathe Deeply



Helps Us Feel Calm