

NAME:

DOB:

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# Progressive Muscle



# Relaxation

In this exercise, you can practice how to relax your body, focusing on different muscle groups.

**BREATHING RELAXATION STRATEGY:** Take several deep breaths. If you want, you can close your eyes and relax. Breathe in through your nose and out through your mouth. In 1, 2, 3, out 1,2,3. In 1, 2, 3, out 1, 2, 3.

When you breathe in, bring the air all the way down into your tummy. In 1, 2, 3, out 1, 2, 3. You can put your hand on your tummy to make sure that you are breathing all the way down to your tummy. Your hand should move up and down as you breathe. In 1, 2, 3, out 1, 2, 3.

Keep breathing in slowly and breathing out slowly. Feel your body starting to relax. Your eyes are feeling heavier and heavier as you keep breathing all the way into your tummy. In 1, 2, 3, out 1, 2, 3.

**MUSCLE RELAXATION STRATEGY SUMMARY:** From your toes to your head tighten each muscle one at a time and hold it for 5-10 seconds and relax, repeat this 2-3 times before moving onto the next muscle:

- \* **Toes and feet:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Calf and lower legs:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Thighs/ upper legs:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Bottom:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Stomach:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Shoulders:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Arms:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Hands:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Jaw:** tighten hold for 5-10 seconds -relax -repeat 2-3 times
- \* **Face:** tighten hold for 5-10 seconds -relax -repeat 2-3 times