

PROGRESSIVE MUSCLE RELAXATION

*Note: When practicing/teaching PMR procedure, spend more time relaxing than tensing.
For example, tense each muscle group for 1 – 3 seconds and relax them for 5 seconds.*



OR



Sit or lie down in a comfortable position

If sitting:

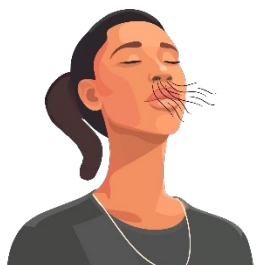
1. Sit in an upright chair
2. Legs uncrossed
3. Feet on the floor
4. Hands in your lap

If lying:

1. Lie flat on your back
2. Legs stretched out
3. Arms at your side

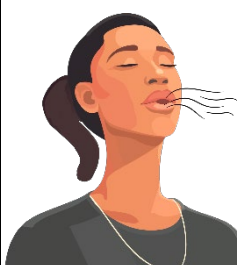
Nice, quiet, comfortable

Take a deep breath



Hold it

Let it out slowly



Take 3 deep breaths

1 – Take a deep breath, hold it, let it out slowly

2 – Take a deep breath, hold it, let it out slowly

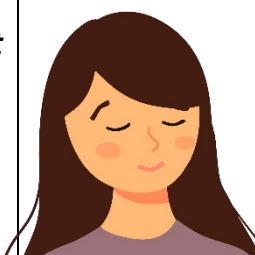
3 – Take a deep breath, hold it, let it out slowly

*Close your eyes tight
Scrunch up your
nose and mouth*



Hold it




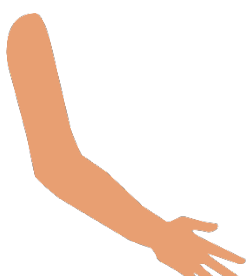


Slowly relax

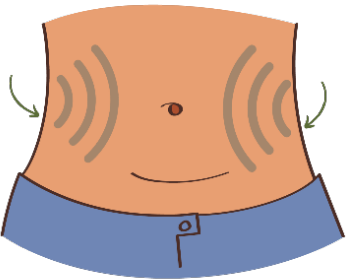
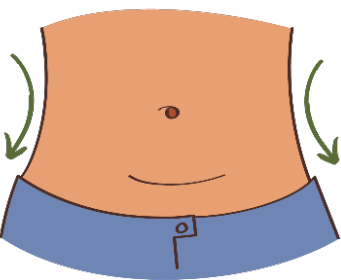

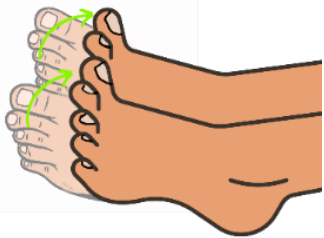
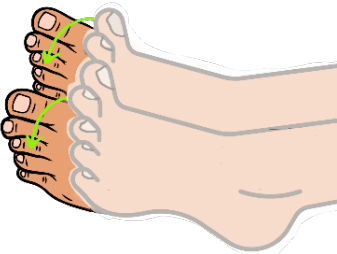
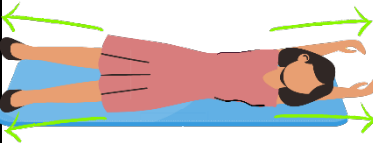
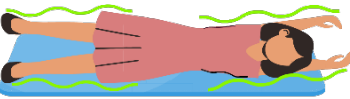


Tighten your face

- Close your eyes tight
- Scrunch up your nose and mouth
- Hold it
- Slowly relax

Your eyes are gently closed
And your face is relaxed

<p><i>Make a fist</i></p> 	<p>Hold it</p>	<p><i>Slowly relax</i></p> 	<p>Tighten your hands</p> <ul style="list-style-type: none"> ○ Make a fist ○ Hold it ○ Slowly relax
			<p>One more time</p>
			<ul style="list-style-type: none"> ○ Make a fist ○ Hold it ○ Slowly relax
<p><i>Make a muscle in your arms</i></p> 	<p>Hold it</p>	<p><i>Slowly relax</i></p> 	<p>Tighten your arms</p> <ul style="list-style-type: none"> ○ Make a muscle in your arms ○ Hold it ○ Slowly relax
			<p>One more time</p>
			<ul style="list-style-type: none"> ○ Make a muscle in your arms ○ Hold it ○ Slowly relax
 <p><i>Squeeze your shoulders</i></p>	<p>Hold it</p>	 <p><i>Slowly relax</i></p>	<p>Tighten your shoulders</p> <ul style="list-style-type: none"> ○ Squeeze your shoulders up into your ears ○ Hold it ○ Slowly relax
			<p>One more time</p>
			<ul style="list-style-type: none"> ○ Squeeze your shoulders up into your ears ○ Hold it ○ Slowly relax

 <p><i>Tighten your stomach</i></p>	<p>Hold it</p>	 <p><i>Slowly relax</i></p>	<p>Tighten your stomach</p> <ul style="list-style-type: none"> ○ Imagine that there is something heavy on your stomach ○ Hold it ○ Slowly relax
<p><i>Stretch out your legs</i></p>  <p><i>Point your toes to the ceiling and squeeze</i></p> 		<p><i>Slowly relax</i></p> 	<p>Tighten your legs</p> <ul style="list-style-type: none"> ○ Stretch out your legs ○ Point toes to the ceiling and squeeze ○ Hold it ○ Slowly relax
<p><i>Stretch out as tall as you can</i></p> 		<p><i>Slowly relax</i></p> 	<p>Stretch out as tall as you can</p> <ul style="list-style-type: none"> ○ Arms up ○ Legs out ○ Hold it ○ Slowly let your whole body relax

<p>Say "I feel relaxed"</p> <p>I feel relaxed</p> 			Remain sitting or lying down in a comfortable position		
			Nice, quiet, comfortable		
			You feel very relaxed		
			Say "I feel relaxed"		
Take a deep breath	Hold it	Let it out slowly	Take 3 deep breaths		
			1 – Take a deep breath, hold it, let it out slowly		
			2 – Take a deep breath, hold it, let it out slowly		
			3 – Take a deep breath, hold it, let it out slowly		
			<p><i>Well Done</i></p>		