

## 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**

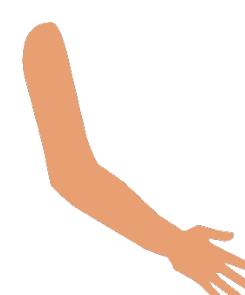
*Slowly relax*

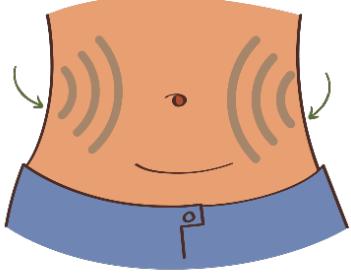
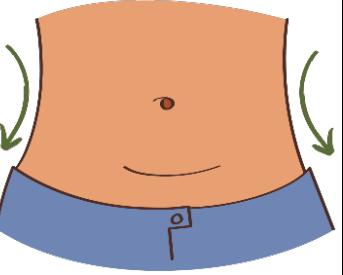
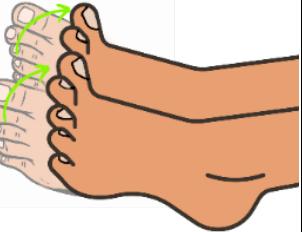
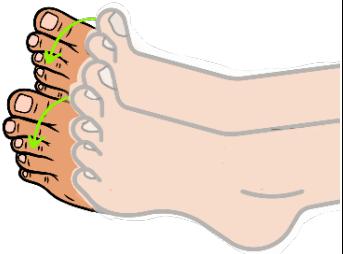
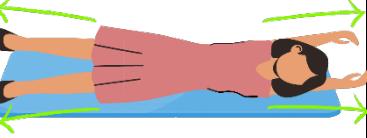


Tighten your face

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

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

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