

Progressive Muscle Relaxation – Tense And Relax

Progressive muscle relaxation is a two-step technique that allows you to relax your brain and body. It has been useful in a number of ways such as : reducing certain types of pain, focusing in sports and school, and reducing stress and anxiety.

Two-Step Technique

1. Slowly tense, or tighten one muscle at a time
2. Completely relax or rest each muscle to release the tension.



Goals

- Slow down breathing and heart rate
- Release tension in your muscles
- Slow Brain waves to aid in calming your body.



Quick Tips!

- Each muscle should be tensed but not to the point of strain
- Inhale and tense each muscle group for 5 seconds
- Exhale and relax your muscles for 5-10 seconds before you move to the next muscle
- Choose a quiet and calm space
- Use audio or video tutorials to guide the process.

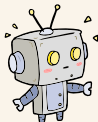


Step-By-Step Guide

Duration: 5-10 Minutes

- 1 **Step 1:** Lay down on a flat surface or sit down. Relax your whole body and take five slow, deep breaths.
- 2 **Step 2:** Begin from the bottom part of your body by lifting your toes upward. Hold, then relax. Pull your toes downward. Hold, then relax.
- 3 **Step 3:** Tense your calf muscles, then relax.
- 4 **Step 4:** Move your knees toward each other. Hold, then relax.
- 5 **Step 5:** Squeeze your thigh muscles. Hold, then relax.
- 6 **Step 6:** For your upper body parts, clench your hands. Pause, then relax.
- 7 **Step 7:** Tense your arms. Hold, then relax.
- 8 **Step 8:** Flex your stomach muscles, Hold, then relax.
- 9 **Step 9:** Inhale and tighten your chest, Hold, then exhale and relax.
- 10 **Step 10:** Raise your shoulders to your ear. Hold, then relax.
- 11 **Step 11:** For your face muscle, purse your lips together. Hold, then relax.
- 12 **Step 12:** Clench your jaw. Hold, then relax.
- 13 **Step 13:** Close your eyes tightly. Hold, then relax.
- 14 **Step 14:** Lift your eyebrows. Hold, then relax.

Robot-Ragdoll



For a quick exercise, try Robot-Ragdoll. Tense your entire body like a robot, then relax and allow your body to go completely limp like a rag doll.

Benefits of Progressive Muscle Relaxation

- Reduces stress, anxiety and anger
- Reduces muscle tension
- Lowers blood pressure
- Reduces tension headaches and migraines
- Improves sleep
- Reduces back and neck pain