

Progressive Muscle Relaxation



Progressive Muscle Relaxation (PMR) is a stress-reduction technique where you systematically tense and then relax different muscle groups in the body, usually moving from your feet up to your face (or vice versa). This can help with falling asleep, or for relaxation. Below is a guide for PMR.

Start by sitting or lying down in a comfortable position. Work your way through the list of areas of your body, taking around 5 seconds to tense each area before relaxing again.

1. Curl your toes under, then stretch and point them.
2. Flex your feet, feeling the tension in the muscles.
3. Tighten your calf and thigh muscles.
4. Focus on your hips and buttocks, flexing the muscles.
5. Tense your abdominal muscles, pulling them inward.
6. Flex your back, arching it as you do.
7. Pull your shoulders up to your ears before letting them fall again.
8. Tighten your forearms and biceps, before stretching your arms out.
9. Clench your hands into fists, then stretch out your fingers.
10. Scrunch your face, squeezing your eyes closed and pressing your lips together.
11. Finish with your eyebrows and forehead, lifting them and holding.

Relax and take a few minutes of quiet and stillness.