



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

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Muscle Relaxation

the standard steps for Progressive Muscle Relaxation (PMR)—a simple technique that helps reduce stress by tensing and then relaxing different muscle groups:

1. Get Comfortable

- Sit or lie down in a quiet place.
- Loosen tight clothing and remove distractions.
- Close your eyes if you feel comfortable.

Face (tighten jaw, squint eyes, raise eyebrows)

Neck (gently, without strain)

Shoulders (shrug up)

Chest

2. Focus on Your Breathing

- Take a slow, deep breath in through your nose.
- Exhale slowly through your mouth.
- Do this for a few breaths to settle in.

Arms (biceps/triceps)

Hands (clench fists)

Abdomen

Buttocks

Thighs

Calves

3. Start with Your Feet

- Tense the muscles in your feet (curl your toes downward).
- Hold the tension for about 5–10 seconds.
- Release the tension suddenly.
- Notice the difference between tension and relaxation.

4. Move Up Your Body

Work your way upward, repeating the same process (tense → hold → release) for each muscle group.

