



ALYSSA MOORE
COUNSELING

Progressive Muscle Relaxation

Progressive muscle relaxation (PMR). PMR is a relaxation strategy that is designed to release some of the tension that you hold in your body and it is also good for managing stress! Basically, what you do sit down or lay down in a position that feels comfortable for your body, take a few deep breaths and then you go through each of your muscle groups tensing and relaxing them. You can do it in whatever order makes sense to you, but here is a common sequence

1. Right hand and forearm -- make a fist, squeeze it tightly for 5 seconds then release
2. Right upper arm -- bring you forearm up to your shoulder to "make a muscle". squeeze you bicep for 5 seconds and then release and straighten out your arm
3. Left hand and forearm
4. Left upper arm
5. Forehead -- Raise your eyebrows up so that they move toward your scalp. Hold for 5 seconds and then release.
6. Eyes and cheeks -- squeeze your eyes shut and raise your cheeks like you are smiling really big. Hold for 5 seconds and then release.
7. Mouth and jaw -- open your mouth as wide as you can and hold for 5 seconds before closing.
8. Neck -- raise your chin like you are looking at the ceiling and hold for 5 seconds then drop your chin to your chest and look toward the floor for 5 seconds.
9. Shoulders -- Bring your shoulders up toward your ears and hold for 5 seconds before lowering them.

10. Should blades -- Push your shoulder blades back pushing your chest out. hold that position for 5 seconds and then release.

11. Chest and stomach -- Slowly take a deep breath in and fill your chest with as much air as possible. Try to breathe in for 5 seconds and out for 5 seconds.

12. Right upper leg -- Tighten your right thigh muscle and hold for 5 seconds then release.

13. Right lower leg -- Flex you right foot to stretch you calf muscle. Hold for 5 seconds and then release

14. Right foot -- curl your toes down or point your toes for 5 seconds and then release

15. Left upper leg

16. Left lower leg

17. Left foot