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## Progressive Muscle Relaxation



### 1. Find a quiet place to sit or lie down.

Choose a comfortable and quiet environment where you can relax without interruptions. Sit or lie down in a position that supports your back.

### 2. Tense the muscles in your feet by squeezing them as hard as you can. Hold for a count of 5.

Begin with your feet. Tighten the muscles in your feet, curling your toes inward and squeezing as hard as you can. Hold the tension for a count of 5 seconds.

### 3. Relax your feet suddenly. Feel the tension dropping.

Release the tension in your feet all at once. Notice the feeling of relaxation and the difference between the tension and relaxation.

### 4. Move up your body, doing the same thing with each muscle group (legs, stomach, arms, etc.).

Gradually work your way up your body, repeating the tensing and relaxing process with each muscle group. Spend time on your:

- Legs: Tense your calf muscles, hold for 5 seconds, then relax.
- Thighs: Tighten your thigh muscles, hold for 5 seconds, then relax.
- Stomach: Squeeze your abdominal muscles, hold for 5 seconds, then relax.
- Arms: Clench your fists and tense your arm muscles, hold for 5 seconds, then relax.
- Shoulders: Shrug your shoulders up towards your ears, hold for 5 seconds, then relax.

### 5. Finish by tensing and relaxing your facial muscles.

End the exercise with your facial muscles. Scrunch your face by squeezing your eyes shut and clenching your jaw, hold for 5 seconds, then relax. Feel the release of tension from your face.

*This guide can help you practice progressive muscle relaxation, a technique designed to reduce stress and promote relaxation by systematically tensing and relaxing different muscle groups in the body.*