

Progressive Muscle Relaxation

Progressive Muscle Relaxation involves systematically tensing and relaxing muscle groups to promote physical and mental relaxation. By releasing muscle tension we can reduce stress, anxiety, and pain, while improving sleep. If you experience pain or have any concerns please use your own good judgement when carrying out this exercise and consult your GP if needed. For extra relaxation, combine with slowed breathing exercises.

Step By Step Guide

Find a quiet space where you won't be disturbed. Sit or lie down in a comfortable position. Loosen any tight clothing and remove shoes. Take a few slowed breaths to begin.

Hands, Forearms & Upper Arms

Tense: Clench your fists and bend your hands back at the wrists. Hold for 5-10 seconds.

Relax: Slowly release the tension and notice the contrast between tension and relaxation.

Tense: Bend your elbows and tense your biceps as hard as you can. Hold for 5-10 seconds.

Relax: Release the tension and let your arms go limp by your sides.

Shoulders & Neck

Tense: Shrug your shoulders up towards your ears and hold for 5-10 seconds.

Relax: Let your shoulders drop back down and feel the tension melt away.

Tense: Press the back of your head gently against your hands. Hold for 5-10 seconds.

Relax: Bring your head back to a neutral position and release the tension.

Face

Tense: Scrunch your facial muscles by wrinkling your forehead, closing your eyes tightly, and clenching your jaw. Hold for 5-10 seconds.

Relax: Let your face go slack and notice the relaxation in your forehead, eyes, and jaw.

Chest, Stomach & Back

Tense: Take a deep breath and hold it while tensing your chest and stomach muscles. Hold for 5-10 seconds.

Relax: Exhale slowly and let your chest and stomach relax.

Tense: Arch your back slightly without causing discomfort and hold for 5-10 seconds.

Relax: Return to a comfortable position and feel the relaxation spread through your back.

Thighs, Calves & Feet

Tense: Press your knees together or lift your legs slightly off the ground. Hold for 5-10 seconds.

Relax: Release the tension and feel the relaxation in your thighs.

Tense: Point your toes up towards your knees to tense your calf muscles. Hold for 5-10 seconds.

Relax: Let your feet relax and notice the release of tension in your calves.

Tense: Curl your toes downward, tensing the muscles in your feet. Hold for 5-10 seconds.

Relax: Release the tension and let your feet relax completely.



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