

Progressive muscle relaxation



If you find you need some help to calm down and/or you have tight muscles from long periods of worry, stress or fear, this simple technique may be useful. Consult your specialist doctor or GP before you try this if you have concerns about any physical injuries.

- 1. Find a quiet place where you won't be interrupted for about 15 minutes.** Sitting in a chair with comfortable clothing on, your shoes off and feet flat on the floor often works well.
- 2. Close your eyes and take some long, slow, deep breaths.** It may be useful to use the [calming technique](#). (See other worksheet if you don't know it.)
- 3. Paying particular attention to how it makes you feel in your body and in your mind, tense each of the following muscle groups, one at a time, for 5 seconds and then relax them for 15-20 seconds and dwell on that feeling.**

Left hand and forearm *then repeat for...*

Left upper arm

Right hand and forearm

Right upper arm

Forehead

Eyes and cheeks

Mouth and jaw

Neck

Shoulders

Chest and stomach

Hips and buttocks

Left upper leg

Left lower leg

Left foot

Right upper leg

Right lower leg

Right foot

- 4. Take a few slow, deep breaths then slowly open your eyes.**

Regular practice will help you get better at using this technique. Be careful when tensing your back and neck and don't do anything that is painful. When tensing your feet and calves, be aware that this may result in cramping.