



## Progressive Muscle Relaxation (PMR)

Progressive Muscle Relaxation (PMR) is a short technique that helps reduce physical tension by tensing and then relaxing muscle groups in sequence. It's a powerful 'bottom-up' tool to calm the body and send a safety signal to the brain.

### How to Use (Short Version - 5–7 minutes)

1. Sit or lie down comfortably in a quiet space. Close your eyes if comfortable.
2. Take 2 slow breaths to settle in.
3. Move through the muscle groups below. For each group:
  - **\*\*Tense\*\*** the muscles gently for **\*\*5–7 seconds\*\*** (no pain).
  - **\*\*Release\*\*** the tension and notice the difference for **\*\*10–15 seconds\*\***.
4. Continue to breathe slowly. When finished, open your eyes and notice how your body feels.

### Muscle Sequence (Suggested Order)

**Feet:** Curl toes tightly, hold, then release.

**Calves:** Point toes up / flex calves, hold, then release.

**Thighs:** Tighten thighs, hold, then release.

**Buttocks:** Squeeze glutes, hold, then release.

**Abdomen:** Tighten stomach muscles slightly, hold, then release.

**Chest:** Take a deep breath and hold the chest tight briefly, then release.

**Hands:** Clench fists, hold, then release.

**Forearms:** Tighten forearms, hold, then release.

**Biceps / Upper arms:** Squeeze biceps, hold, then release.

**Shoulders:** Lift shoulders toward ears, hold, then release.

**Neck:** Gently press head back (or forward) slightly, hold, then release. Avoid strain.

**Face:** Squeeze facial muscles (scrunch face), hold, then release.

Optional longer practice: hold tension 7–10 seconds, release 20–30 seconds and scan for sensations.