Progressive Muscle Relaxation

Step One
Find a place to sit comfortably and close your eyes. Start to mentally scan your body, and focus on each group of muscles within your body.

Step Two
Begin to breathe in and tense each group of muscles in your body as you inhale. For example, clench your fist, wrinkle your forehead or tighten your arm muscles.

Step Three
Then, breathe out and relax each group of muscles completely and at once. Notice the difference in how your muscles and your body feel when they are tense versus relaxed.

How it Helps

- Helps Us Reduce Stress
- Helps Us To Relax
- Helps Us Breathe Deeply
- Helps Us Feel Calm

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