

Progressive

Progressive Relaxation:

Progressive Muscle Relaxation is essentially a 2-step process. It teaches you how to intentionally tense the muscles of the body and then release that tension. This helps you reduce stress and anxiety. In Progressive Muscle Relaxation, you inhale as you tense the muscles and exhale as you relax the muscles, working on different groups of muscles in the body in a specific order.

When you feel relaxed you cannot feel anxious. If you practice Progressive Muscle Relaxation over a period of time, maybe a few weeks, you should be able to utilize this method whenever you need to in order to relieve stress.



MS/SLP, CDP, CADDCT
CDCM, CMDCP

Procedure:

Inhale and tense the first muscle group. Hold for about 4-10 seconds. Then you exhale.

And you suddenly and completely relax that muscle group. Then take about a 10-20

Second rest before you work on the next muscle group. Try to pay attention to how the first group of muscles felt now that you relaxed them. Then you'll proceed to the next muscle group. When you go through the entire routine take a few moments to feel how your entire body feels in a more relaxed state. This exercise is a more simplified version.

If you would like a more complete version of all 16 muscle groups you can find the online.

Exercise:

Sit in a chair or lie down.

- Muscle Group One: The Face. Inhale. Scrunch up your face. Hold for 4-10 seconds and then relax. Wait 10-20 seconds.
- Muscle Group Two: Arms. Hold your arms out in front of you. Inhale. Tense them as hard as you can. Hold for 4-10 seconds, exhale and then relax. Wait the prescribed amount of time.
- Muscle Group Three: Shoulders. Inhale Tense your shoulders by raising and tightening. Hold for the 4-10 seconds. Exhale. Release and relax.
- Muscle Group Four: Chest – Continue as above
- Muscle Group Five: Legs – Continue as above

Savoring

Finding Your
Inner Smile

Mindful
Eating

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Acts of
Kindness

Progressive Relaxation

When finished with the entire exercise, exhale with a sense of relaxation. Exhale, breathing out tension and stress. Continue to experience the relaxed feeling throughout your body while you remain in that position for whatever time you need until you have to get up and proceed to what you need to do.

Think about Savoring the sense of relaxation you feel for the time you remain in that position.