

# PROGRESSIVE MUSCLE RELAXATION (PMR)

## WHAT IS PMR USED FOR?

PMR is a method of relieving anxiety or stress. It can be done almost anywhere.

## HOW TO DO PMR

- Take a deep breath in through your nose, and release slowly through your mouth.
- Squeeze and relax your muscles in groups, beginning with your feet and legs, and ending with your head.
  1. Feet and legs
  2. Buttocks and hips
  3. Stomach and chest
  4. Hands, arms, and shoulders
  5. Head and face muscles
- As you flex each muscle group:
  - Take a slow, deep breath in, and tense (squeeze) the muscle group for **5-10 seconds**.
  - Breathe out. Relax the muscle group for **10-20 seconds**.
  - Move on to the next muscle group.
- Once you finish, bring your focus back to the present by taking a breath and counting backwards: 5, 4, 3, 2, 1.

## REMEMBER

Don't tense your muscles too hard. You shouldn't feel any pain or cramping during this exercise. If you find that it is upsetting you to do this exercise, take a break.

