

Progressive Muscle Relaxation Chart



Tense and then relax one group of muscles at a time.

Hands	Clench them into fists
Wrists & Forearms	Extend them fully and bend your hands back at the wrist
Upper Arms & Biceps	Clench your hands into fists, bend your arms at the elbow and flex your biceps
Shoulders	Shrug them up towards your ears
Forehead	Wrinkle it into a deep frown
Eyes & Bridge Of Nose	Close your eyes as tightly as possible (remove contact lenses before starting)
Cheeks & Jaws	Smile as widely as you can
Back Of The Neck	Press the back of your head against the floor

Progressive Muscle Relaxation Chart



Front Of The Neck	Touch your chin to your chest
Chest	Take a deep breath in and hold it for 5-10 seconds
Stomach	Suck your tummy into a tight knot
Hips & Buttocks	Clench your buttocks together tightly
Thighs	Clench them
Lower Legs & Ankles	Point your toes up towards the ceiling and then curl them down towards the floor

1. **Breathe in** through your nose and tense the first muscle group for 5-10 seconds.
2. **Breathe out** and completely relax the muscle group (all at once).
3. Stay completely **relaxed** for 10-20 seconds before moving on to the next muscle group.