

# Progressive Muscle Relaxation Chart



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

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

# Progressive Muscle Relaxation Chart



<b>Front Of The Neck</b>	Touch your chin to your chest
<b>Chest</b>	Take a deep breath in and hold it for 5-10 seconds
<b>Stomach</b>	Suck your tummy into a tight knot
<b>Hips &amp; Buttocks</b>	Clench your buttocks together tightly
<b>Thighs</b>	Clench them
<b>Lower Legs &amp; Ankles</b>	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.