

# PROGRESSIVE MUSCLE RELAXATION

When you're in intense situations you may tense up your muscles without realizing it. Progressive muscle relaxation can help you relax your entire body, and, in the process, relax your mind as well.

## Benefits of Progressive Muscle Relaxation

- Will give you a feeling of relaxation all over
- May allow you to feel a sense of well-being
- Reduces anxiety, stress, and muscle tension
- Can help when you have trouble sleeping

### How To Practice Progressive Muscle Relaxation:

1. Pick a muscle group to start with and decide what order you'd like to go in. (Generally speaking, most will start at the bottom and work their way up.)
2. Tense that muscle group.
3. Release.
4. Tense that muscle group again.
5. Release.
6. Go through your entire body, one muscle group at a time, tensing and relaxing each one twice.
7. Don't forget to breathe!

## Additional Resources

<http://youniquefoundation.org/grounding-technique-progressive-muscle-relaxation/>