Progressive muscle relaxation is a Simple but effective way to relax your body and mind.

With regular practice, you can learn to relax more quickly and easily without guidance or music, great for sleep.

Here are some of the benefits of progressive muscle relaxation:

* Reduces stress and anxiety.
* Improves sleep.
* Relieves muscle tension.
* Enhances focus and concentration.
* Improves overall well-being.

How-to guide for progressive muscle relaxation:

Step 1: Find a quiet place to relax.

You can sit or lie down, whichever is more comfortable for you. Make sure you are in a place where you will not be disturbed.

Step 2: Take a few deep breaths.

Begin to relax as you shift your body for comfort. There is no wrong way.

This will help to calm your body and mind. Breathe slowly and deeply through your nose.

Step 3: Start by tensing your toes.

- Curl your toes tightly and hold the tension for 5 seconds.

- exhale and relax your toes.

We will continue tensing and relaxing different muscle groups. Pay attention to the difference between tension and relaxation. Notice the subtle difference you feel in the relaxation phase. As you tense each muscle group, notice how it feels. Then, as you relax each muscle group, notice how the tension releases.

Moving up your body, tensing and relaxing your feet……..

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| --- | --- | --- |
| *Toes, Feet, Calves,* | *Thighs, Hips, Buttocks, Abdomen,* | *Chest, Arms, Closed Fists* |
| *Shoulders, Neck* | *Face, Squeeze Eyes Closed* | *Relax* |

Step 4: Finish by taking a few deep breaths.

Once you have finished tensing and relaxing your muscles, take a few deep breaths to calm your body and mind.

You can do this entire process 2-3 times, or you can focus on just a few muscle groups. Esp may need to do more than once if high anxiety or stress and sometimes if you go too quickly through the muscles.

Here are some additional tips for progressive muscle relaxation:

* You can use a guided meditation or audio recording to help you relax.
* You can try adding visualization to your relaxation practice. For example, you could imagine yourself sitting on a beach or in a forest.
* Make sure you are comfortable and warm. You may want to wear loose clothing and socks.
* If you find yourself getting distracted, gently bring your attention back to your breathing and the sensations in your body.