

08.

**Repeat if desired** and end after you've completed the PMR exercise by taking a few moments to focus on your breath again.

07.

**Stay Mindful:** As you move through each muscle group, continue to breathe deeply and focus your attention on the sensations of tension and relaxation. Take your time spending 5-10 seconds tensing each muscle group, and then 20-30 seconds relaxing them. Try not to rush through the process; allow yourself to fully experience the relaxation.

06.

**Move to the Next Muscle Group:** Gradually move your focus upward, tensing and relaxing each muscle group one at a time. Calves and thighs, Buttocks, Abdomen, Hands and forearms, Upper arms and Shoulders, Neck and jaw, Face (scrunch your face tightly, then relax)

01.

**Find a Comfortable Position:** Sit or lie down in a comfortable position. Make sure you're in a quiet environment where you won't be too distracted or disturbed.

02.

**Deep Breathing:** Take a few deep breaths to relax your body and mind. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.

03.

**Focus on Muscle Groups:** Start by focusing your attention on your feet. Visualize the tension leaving your body with each exhale.

04.

**Tense and Relax:** Tense the muscles in your feet by curling your toes downward as much as you can. Hold this tension for a count of 5-10 seconds, then release the tension completely, allowing your muscles to relax.

05.

**Notice the Difference:** Pay attention to the sensation of relaxation in your feet as the tension dissipates. Notice the contrast between the feeling of tension and relaxation.

# Progressive Muscle Relaxation