



PROGRESSIVE RELAXATION

Exercises listed below may be done at your desk, in a comfortable chair, on a bed, or on the floor. You may spend up to 20 minutes on the exercises, or do one part at a time. For greater relaxation, try listening to quiet music while you are relaxing. Try deep breathing after relaxing each muscle group.

<u>Muscle</u>	<u>Tensing Method</u>
Forehead	Wrinkle forehead. Try to make your eyebrows touch your hairline for five seconds. Relax.
Eyes & nose	Close your eyes as tightly as you can for five seconds. Relax.
Lips, cheeks, & jaw	Draw corners of your mouth back and grimace for five seconds. Relax. Feel the calmness and warmth in your face.
Hands	Extend arms in front of you, clench fists tightly for five seconds. Relax and feel the warmth and calmness in your hands.
Forearms	Extend arms out against an invisible wall and push forward with hands for five seconds. Relax.
Upper arms	Bend elbows. Tense biceps for five seconds. Relax, and feel the tension leave your arms.
Shoulders	Shrug shoulders up to your ears for five seconds. Relax.
Back	Arch your back off the floor or bed for five seconds. Relax. Feel the anxiety and tension disappear.
Stomach	Tighten your stomach muscles for five seconds. Relax.
Hips, buttocks	Tighten buttocks for five seconds. Relax.
Thighs	Tighten thigh muscles by pressing legs together tightly as you can for five seconds. Relax.
Feet	Bend ankles toward your body as far as you can, for five seconds. Relax.
Toes	Curl toes under as tightly as you can for five seconds. Relax.

Adapted from: Jacobsen, E., Progressive Relaxation. Chicago: University of Chicago Press, 1938.