

Progressive Muscle Relaxation

1. Sit in a comfortable position. Allow your arms to rest at your sides, palms down, on the surface next to you.
2. Breathe in and out slowly and deeply.
3. Clench your hands into fists and hold them tightly for 15 seconds. As you do this, relax the rest of your body. Imagine your fists becoming tighter and tighter.
4. Then let your hands relax. On relaxing, think of something that is relaxing to you, the ocean, flying, a pet, and make all your muscles soft and relaxed.
5. Now, tense and relax the following parts of your body in this order: face, shoulders, back, stomach, pelvis, legs, feet, and toes. Hold each part tensed for 15 seconds and then relax your body for 30 seconds before going on to the next part.
6. Finish the exercise by shaking your hands and imagining the remaining tension flowing out of your fingertips.