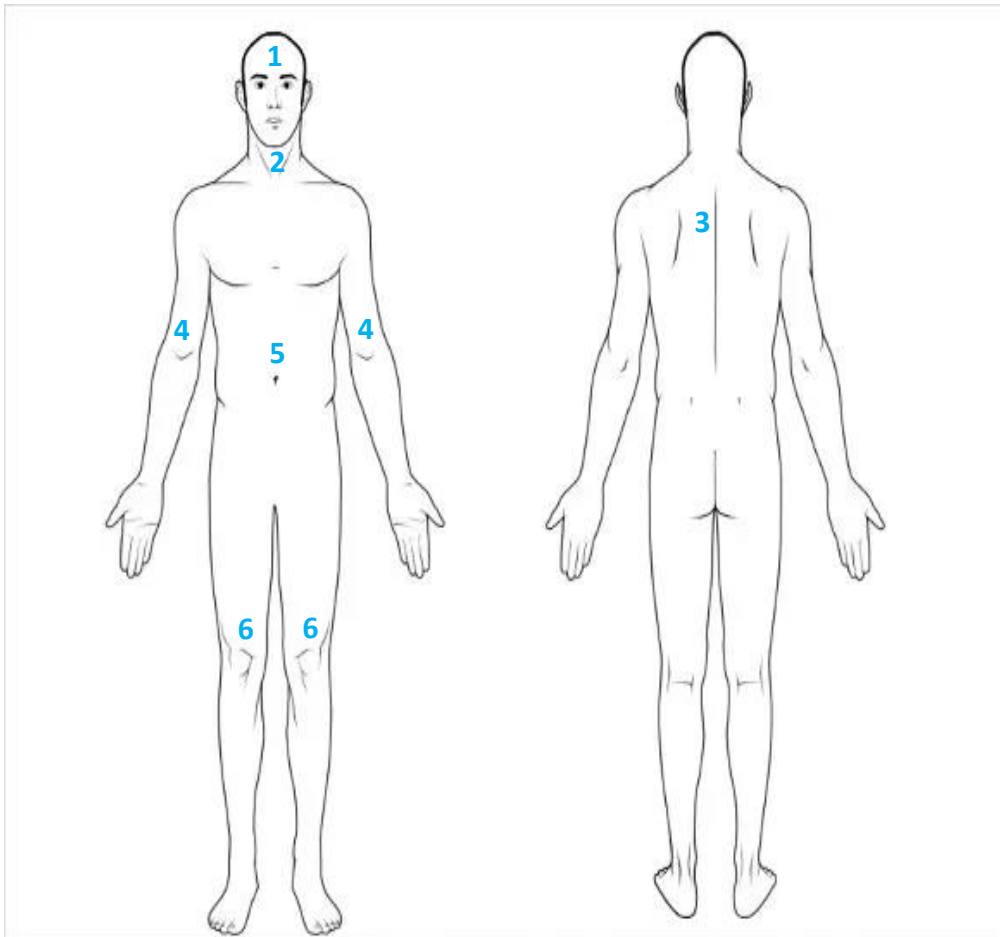




Progressive muscle relaxation

Muscle tension is common in anxiety as part of the fight/flight response. But by releasing that tension we can send a feedback loop to reduce anxiety. We focus on a major muscle group at a time. First, we squeeze it as tightly as we can without discomfort for a short period. Then release for a few seconds then a gentler squeeze. Then just notice the loose relaxed feeling.



- 1) Facial muscles- squeeze the muscles above the eyebrows together. Useful for tension headaches.
- 2) Neck muscles- Lift your head until you feel a gentle stretch in your neck.
- 3) Back and shoulders- gently squeeze the shoulders together.
- 4) Arms and biceps- make a

fist and squeeze from there to the top of the arm.

- 5) Abdominals- squeeze in your stomach.
- 6) Thighs- lift your leg with a slight knee bend, squeeze gently.