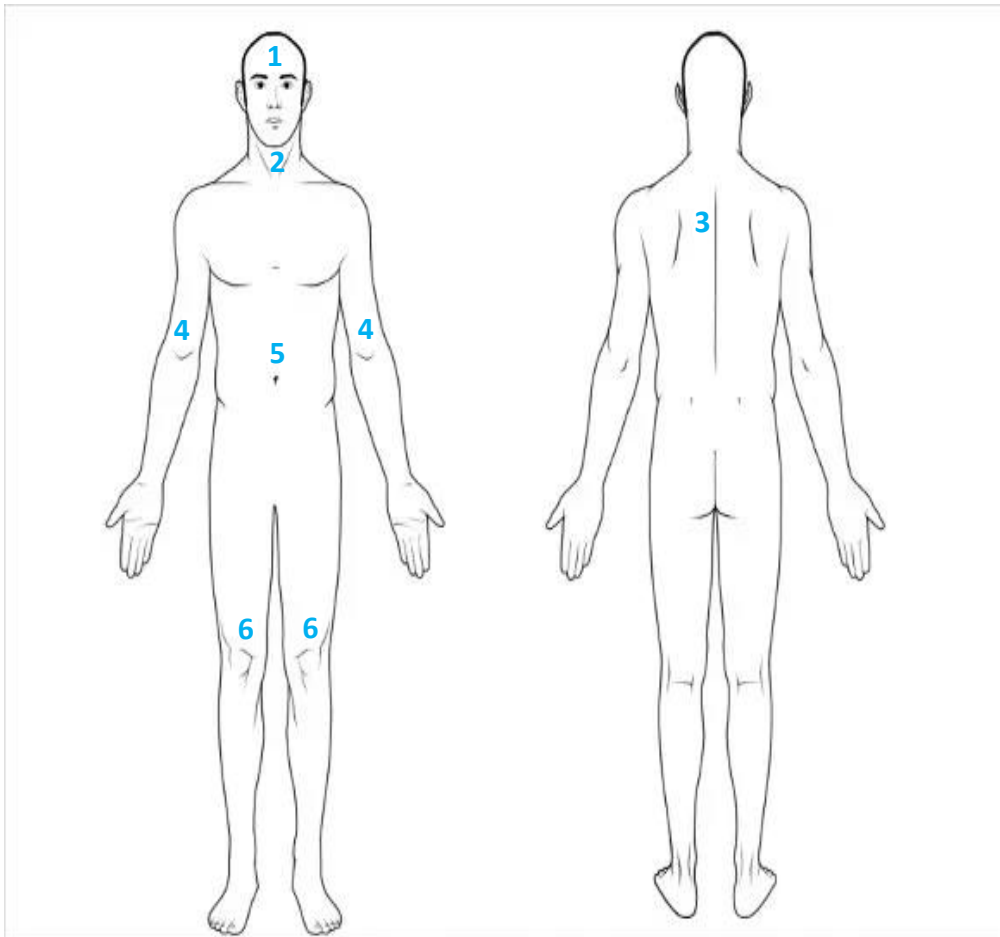


Progressive muscle relaxation

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