

Progressive Muscle Relaxation (PMR)

PMR is a methodical technique designed to induce relaxation by systematically tensing and then relaxing different muscle groups in the body.

To practice PMR:

1. Find a quiet and comfortable space where you can lie down or sit in a relaxed position.
2. Close your eyes and take a few deep breaths to center yourself.
3. Start by focusing on your toes. Slowly tense the muscles in your toes, squeezing them as tightly as you can for about 5-10 seconds.
4. Release the tension suddenly and completely, allowing your toes to relax completely.
5. Take a moment to notice the sensations of relaxation in your toes.
6. Move on to the next muscle group, such as the muscles in your feet and ankles. Repeat the process of tensing and relaxing, focusing on each muscle group for 5-10 seconds.
7. Continue this pattern, working your way up through your legs, abdomen, chest, arms, and finally, your face and head.
8. Remember to breathe deeply and rhythmically throughout the exercise.
9. After completing the full body scan, take a few moments to enjoy the sensation of relaxation and calmness in your entire body.

Practicing PMR regularly can help reduce muscle tension, alleviate stress, and promote overall relaxation and well-being.



TheMindfulMend.com