

# Progressive Muscle Relaxation

During times of stress, practicing relaxation can help regulate the mind and body. If you or your student is starting to feel stress, anxious, frustrated, irritable, ect., relaxing the mind and body can send messages to the brain to help soothe uncomfortable feelings.

To do progressive muscle relaxation:

1. Lie down and go down the list in order
2. Take a breath in and tense the muscles for 4-8 seconds.
3. Release the muscle and your breath
4. Between muscles, take 5-10 seconds before starting the next muscle.

Muscle	How to Tense
Hands	Clench them
Wrists and forearms	Extend them and bend your hands back at the wrist
Biceps and upper arms	Clench hands, bend arms at elbows and flex biceps
Shoulders	Shrug shoulders towards ears
Forehead	Wrinkle into deep frown
Cheeks and jaw	Smile as widely as you can
Chest	Take deep breath in and hold for 4-10seconds
Back	Arch back up and away from ground
Stomach	Suck into a tight knot
Hips/Buttocks	Press your buttocks together tightly
Thighs	Clench them hard
Lower legs	Point toes toward face

<https://www.uofmhealth.org/health-library/uz2225>

