

HAPPY HOUR

Progressive Muscle Relaxation



By tensing and relaxing the muscles throughout your body, you can achieve a feeling of relaxation. Additionally, progressive muscle relaxation will help you spot anxiety by teaching you to recognise feelings of muscle tension.

Sit back or lie down in a comfortable position.

For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and try to recognise how it feels.

Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

Feet - Curl your toes tightly into your feet, then release them.

Calves - Point or flex your feet, then let them relax.

Thighs - Squeeze your thighs together tightly, then let them relax.

Torso - Suck in your abdomen, then release the tension and let it fall.

Back - Squeeze your shoulder blades together, then release them.

Shoulders - Lift and squeeze your shoulders toward your ears, then let them drop.

Arms - Make fists and squeeze them toward your shoulders, then let them drop.

Hands - Make a fist by curling your fingers into your palm, then relax your fingers.

Face - Scrunch your facial features to the centre of your face, then relax.

Full Body - Squeeze all muscles together, then release all tension.