centrs marta

PROGRESSIVE MUSCLE RELAXATION



CENTRS MARTA

Not limited
can be done individually or guided in a group

indoors | outdoors
anywhere

10-20 mins

bodywork & care

PURPOSE

- To relax, calm down and release tension and stress.
- To train awareness and ability to be present.

PREPARATION

Exercise can be done seated or lying down. Comfortable clothing and a quiet place with no distractions can be helpful.

MATERIALS

No materials are needed.

INTRO

This is a deep relaxation technique that can be effectively used to control stress and anxiety, relieve insomnia, and reduce symptoms of certain types of chronic pain. As a tool, this can help participants learn about the body and the signals it may be telling them. With practice and time, one can learn to accurately identify and diminish the signs and signals of stress and tension in the body.

PROGRESSIVE MUSCLE RELAXATION:

STEPS

1. Slow down your breathing and permit yourself to relax.
2. When you are ready to begin, while inhaling, tense the muscle groups in the order described. Make sure that you can feel the tension, but not so much that you feel a great deal of pain. Keep the muscle tensed for approximately 5 seconds. **3.** Exhale and suddenly release the tension in the contracted muscle group. Give yourself 10-20 seconds to relax, and then move to the next muscle group.

Tensing and relaxation sequence:
Right hand and forearm. Make a fist with your right hand. / Right upper arm. Bring your right forearm up to your shoulder to "make a muscle". /Left hand and forearm. /Left upper arm. /Forehead. Raise your eyebrows as high as they will go, as though you were surprised by something. / Eyes and cheeks. Squeeze your eyes tight shut. /Mouth and jaw. Open your mouth as wide as you can, as you might when you are yawning. /Neck. Face forward and then pull your head back slowly, as though you are looking up to the ceiling. /Shoulders. Tense the muscles in your shoulders as you bring your shoulders up towards your ears. /Shoulder blades/back. Push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward. /Chest and stomach. Breathe in deeply, filling up your lungs and chest with air. /Hips and buttocks. Squeeze your buttock muscles. /Right upper leg. Tighten your right thigh. /Right lower leg. Pull your toes towards you to stretch the calf muscle. /Right foot. Curl your toes downwards. /Left upper leg. Repeat as for the right upper leg. /Left lower leg. Repeat as for the right lower leg. / Left foot. Repeat as for the right foot.

4 When you have finished the relaxation procedure, remain seated for a few moments allowing yourself to become alert.

REFLECTION

- How did you feel during the exercise and now? Did any particular emotions emerge?
- Was the sensation anywhere especially painful/tense?
- Was it easy/difficult to keep the focus on your body? Did other thoughts come into your mind, what did you do with them?

COMMENTS

While releasing the tension, try to focus on the changes you feel when the muscle group is relaxed. Imagery may be helpful in conjunction with the release of tension, such as imagining that stressful feelings are flowing out of your body as you relax each muscle group.