

# Progressive Muscle Relaxation (PMR)



## What is PMR?

PMR is a stress-reducing technique that focuses attention on how you feel when releasing tension in the body.

## How Does PMR Work?

By focussing your attention on the body, you can shift your thinking and improve your mood. This can disrupt overthinking, release tension throughout the body, increases blood flow, reduce stress hormone levels, improve attention & focus. PMR is a quick technique you can use anywhere at any time.

## Equipment Needed?

- You
- ~ 1-2 minutes



## **How to do PMR:**

PMR can be done using your hand, forehead, mouth/jaw, eyes, & shoulders. Focus on one body part at a time.

### **Step 1.**

Inhale through your nose, and focus on squeezing/tensing the muscle as hard as you can. (without causing pain or discomfort).

### **Step 2:**

Hold for 5-30 seconds.

### **Step 3:**

Exhale through your mouth as you release the tension you have been feeling. Focus your attention on the relief/relaxation that flows over the recently tensed area. Sit with this feeling as it is a reminder of the relief that follows discomfort. We can learn to focus our attention on relief instead of pain.

### **Step 4:**

Repeat as needed throughout the rest of your body. Make sure if you use PMR on one side of the body, you should repeat on the other side (maintain balance in the body).

