

## PROGRESSIVE MUSCLE RELAXATION

- Do four cycles of 4 Square Breathing
- Each time you tense a muscle, *Inhale*  
Each time you relax, *Exhale*

Slowly tighten and then relax each muscle:

1. Fists: Clench right fist, then left, then both
2. Biceps: Bend elbows, tense biceps
3. Triceps: Straighten arms and feel tension along the back
4. Forehead: Wrinkle Forehead, frown
5. Eyes: Squint, then close tightly
6. Jaw: Clench jaw, grind teeth together
7. Tongue: Press against roof of mouth
8. Lips: Press together
9. Neck: Press your head back as far as it will go; roll to right; roll to left, bring head forward to chest
10. Shoulders: Shrug one, then the other, then both
11. Chest: Fill lungs with air, hold, and breathe out
12. Stomach: Tighten stomach muscles, push stomach out
13. Lower Back: Arch up back, make lower back hollow, feel tension along your spine
14. Buttocks and Thighs: Flex by pressing down on heels (flat on floor); then straighten knees and flex again
15. Calves: Press feet and toes downward against floor, tensing calf muscles
16. Ankles and Shins: Bend feet toward head, feeling tension along shins