

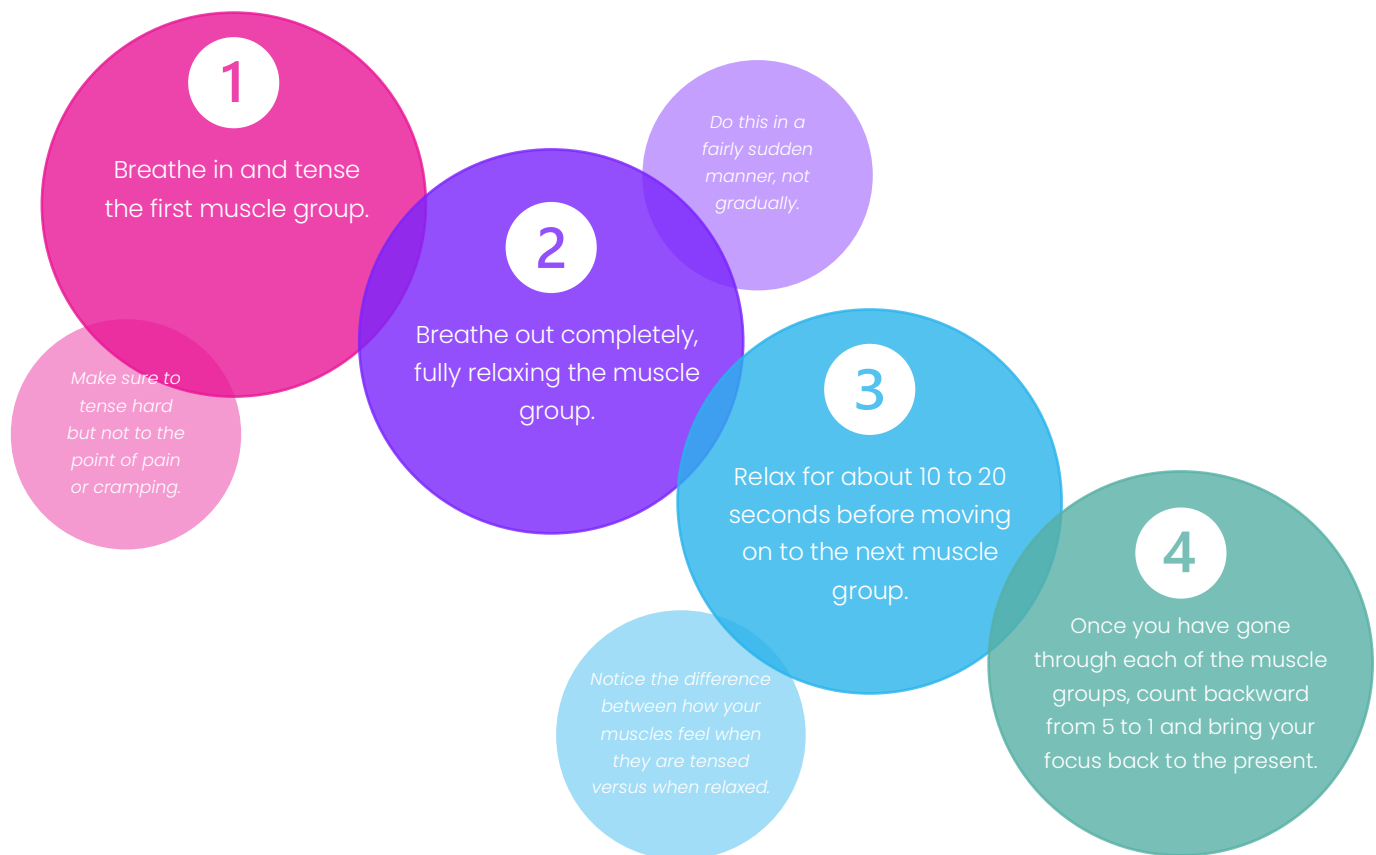
# HOW TO: PROGRESSIVE MUSCLE RELAXATION

**Progressive Muscle Relaxation** is a method that helps relieve the muscle tension in your body often caused by anxiety or stress. This technique involves tensing a group of muscles as you inhale, then relaxing them as you exhale. You repeat this process on different muscle groups in a specific order. Continuing this practice will help you build the skill to physically relax your body, working to relieve anxiety and stress. Progressive Muscle Relaxation can be particularly useful for individuals who experience trouble falling asleep.

When first experimenting with this technique, it may be helpful to listen to an audio recording that guides you through the various muscle groups in the correct order. The muscle group order is also listed on the following page.

### Procedure:

To begin, find a place where you will not be disturbed and can comfortably lie down on your back. Next, proceed through the following steps:



## Muscle Groups:

Below you will find the order of the muscle groups and details on how to tense them.



Progressive Muscle Relaxation **Audio Guide** (Produced by Dartmouth):  
<https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-audio-recordings/progressive-muscle-relaxation>

For more information on Progressive Muscle Relaxation, visit:  
<https://www.uofmhealth.org/health-library/uz2225>