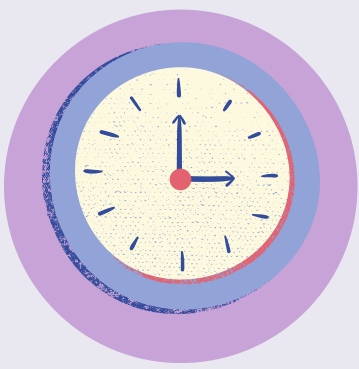


Progressive Muscle Relaxation



What Is Progressive Muscle Relaxation?

- A deep relaxation technique performed by tensing one muscle group at a time followed by a relaxation period.
- Provides stress relief and reduces insomnia
- Relaxation lowers heart rate, blood pressure, and breathing slows down

Progressive Muscle Relaxation Script

Toes: “Pretend you are a parrot on a branch in the rainforest and squeeze your toes to hold onto a branch”

Legs: “Try to grow tall like a tree and go up on your tip-toes”

Stomach: “Make your stomach hard like armor and squeeze your muscles”

Hands: “Act like you are squeezing a ball in each hand”

Arms: “Reach up above your head and try to touch the stars”

Head/Shoulders: “Try to make your shoulders touch your ears like someone is tickling you”

Face: “Make the silliest faces you can think of! Then, Relax”

zzz

Hold Each Pose for 5 seconds
Rest for 15 seconds