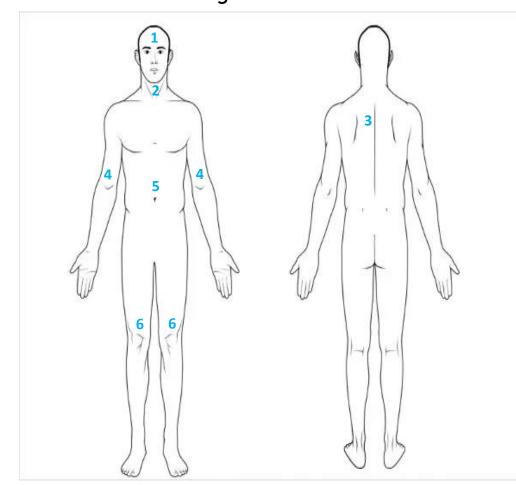
Progressive muscle relaxation



Muscle tension is common in anxiety as part of the fight/flight response. But by releasing that tension we can send a feedback loop to reduce anxiety. We focus on a major muscle group at a time. First, we squeeze it as tightly as we can without discomfort for a short period. Then release for a few seconds then a gentler squeeze. Then just notice the loose relaxed feeling.



- Facial musclessqueeze the muscles above the eyebrows together.
 Useful for tension headaches
- 2) Neck muscles-Lift your head until you feel a gentle stretch in your neck
- 3) Back and shoulders- gently squeeze the shoulders together
- 4) Arms and biceps- make a fist and squeeze from there to the top of the arm
- 5) Abdominals-squeeze in your stomach
- 6) Thighs-lift your leg with a slight knee bend, squeeze gently