



PROGRESSIVE MUSCLE RELAXATION STRATEGY POSTCARD



What is progressive muscle ' relaxation?

-->It is a deep relaxation technique used to decrease stress.

PMR involves tensing then relaxing each muscle group one by one.2,4

Research evidence for effectiveness

Performing PMR overtime can lead to:

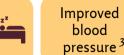
Reduced physical tension, which eases stress and anxiety



Enhanced relaxation states 5



Better sleep quality





How to practice PMR

PMR is a quick three-step process: 1,3



Tense each muscle group in the body in succession.



Hold for about 5-10 seconds.



Quickly release the tension and notice how your muscles feel.







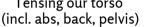
Tensing our torso



Tensing our calves and feet

Tensing the whole face

Tensing the arms and hands into a fist Raising our shoulders and tensing our neck



Tensing our whole upper legs



Repeat for each muscle group



View guided audio for PMR



· Remember to breathe in as you tense your muscles and breathe out when you release the tension

• As you breathe out notice whether your muscles feel lighter



When and where to practice PMR?

PMR can be done anytime and anywhere. It can be so discreet that other people will not notice that you are using it! We can practice PMR while:



Taking an exam



Giving a presentation



During a stressful conversation



Tips for practice:

Focus on larger muscle groups

Make the muscle tension deliberate, vet gentle

It is important not to hurt ourselves while tensing our muscles! We shouldn't feel any pain while doing this exercise.



To get the full relaxation effect of PMR, try practicing with larger muscle groups such as; the legs, torso, or shoulder/arms.



Practice makes perfect



A key part of PMR is noticing the sensations that we are experiencing. This may feel "weird" or difficult at first, but just remember that it is completely normal. If we practice this exercise regularly, it will become easier!

FEEDBACK & CONTACT INFORMATION





View the reference list for this infographic

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