

Tell us what you think!



PROGRESSIVE MUSCLE RELAXATION STRATEGY POSTCARD

Check out the evidence!

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 anxiety⁵



Enhanced relaxation states⁵



Better sleep quality¹



Improved blood pressure³



How to practice PMR

PMR is a quick **three-step process**:^{1,3}

- 1** Tense each muscle group in the body in succession.
- 2** Hold for about 5-10 seconds.
- 3** Quickly **release** the tension and notice how your muscles feel.



Tensing the whole face



Tensing the arms and hands into a fist



Raising our shoulders and tensing our neck



Tensing our torso (incl. abs, back, pelvis)



Tensing our whole upper legs



Tensing our calves and feet

Repeat for each muscle group

- 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



[View guided audio for PMR](#)

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:

Make the muscle tension deliberate, yet gentle

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



Focus on larger muscle groups



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

