

## WELLBEING RESOURCE

### PROGRESSIVE MUSCLE RELAXATION (PMR)

When you have been feeling anxious or stressed, do you notice your shoulders tighten or your neck feel painful? When anxious feelings overcome us, our muscles can become tense - PMR can help this.

1

Start by taking in a really deep breath. Hold it for ten seconds, Release it, experience the sensation of tension leaving your lungs.

2

Following this, tighten your toes as much as you can (without causing pain). Hold for ten seconds. Release and experience the tension leaving your foot.

3

Slowly do this throughout the muscle groups all over your body and see how it feels to relieve the tension.

4

Practice makes perfect - PMR will help you feel less tension immediately but with practice you will learn what works for you and notice when you are experiencing tension.

