

PROGRESSIVE MUSCLE RELAXATION Rx.

“Prescription for Keeping on Track With Progressive Muscle Relaxation”

Here is a routine you will find very useful to help you relax that is a quick, simple and effective way to control anxiety-related symptoms.

Progressive Muscle Relaxation

Each of the following tension/relaxation exercises is done in conjunction with the breathing. Tense each body part to its maximum as you breathe in. Hold it as long as it is comfortable. Let go of tension gradually as you exhale.

1. Make fists with your toes. ***Relax.***
2. Pull the feet back, bringing the toes towards the knees. ***Relax.***
3. Tense the muscles of the thighs as if you were trying to lift your legs against a weight. ***Relax.***
4. Pinch the buttocks in and up, making them hard. It is as if you were seated upon a rock. ***Relax.***
5. Take a big chest breath and pull the abdomen in, hardening it. ***Relax.***
6. Take a big chest breath and tense the whole upper body. ***Relax.***
7. Make fists with your hands. ***Relax.***
8. Pull your hands back at the wrists, as if to bend the hand up towards the elbow. ***Relax.***
9. Raise your shoulders up to your ears. ***Relax.***
10. Raise your eyebrows and furrow the forehead. ***Relax.***
11. Squeeze your eyes shut. ***Relax.***
12. Smile, pulling back the corners of the mouth and baring the teeth. ***Relax.***

(Source: Borysenko et al, 1986 as cited in Moorey & Greer, 1989)

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