

MODULE 7 ACTIVITY

Progressive Muscle Relaxation

In progressive muscle relaxation (PMR), you will strategically tense groups of muscles as you breathe in then relax them as you breathe out. The goal is to mindfully concentrate on areas of your body in a certain order to relax them. When your body is physically relaxed, stress and anxiety get released. When you're first starting out with this exercise, it can help to use a recording to guide you.

Part 1: Try a Brief 5-Minute Practice

The video below provides a brief introduction to PMR as well as a 5-minute guided practice. It incorporates aspects of paced breathing and mindfulness, and it helps us gain control of physiological reactions to stress we might experience in response to a trigger. PMR can also help release chronic stress we are holding in our muscles without realizing it.

[Use this video to practice Progressive Muscle Relaxation](#)