

# Relaxation Techniques - Progressive Muscle Relaxation

Find a comfortable position either sitting or lying down. Breathe in deeply through your nostrils and exhale through your mouth slowly. Feel your body relaxing. Repeat this.

Follow the sequence below.

- During each step in the sequence, hold for 5 seconds and slowly relax.
- Complete each step 2 times.
- If you have any pain in any of the targeted muscle groups, please move on to the next step.



1. Raise your **eyebrows** as high as you can



2. Squeeze your **eyelids** tightly



3. Open your **mouth** as wide as you can, as you might when you are yawning



4. Gently pull your **head** back to look at the ceiling



5. Bring your **shoulders** up towards your ears and tighten shoulder muscles



6. Clench your **fists**



7. Raise your **elbows** and flex your arm muscles



8. Tuck in your **stomach**



9. Tighten your **thighs**



10. Tighten your **buttocks by squeezing them together**



11. Pull your **toes** towards you and feel the tension in your calves



12. Curl your **toes downwards**

Continue to take deep breaths until you feel completely relaxed

# Relaxation Techniques - Breathing

Mindful breathing can successfully overcome your feelings of stress and anxiousness. It slows heart rate, lowers or stabilises blood pressure, releases muscle tension and reduces numbness or tingling in hands or feet.



## Method 1

1. Choose a comfortable and quiet place
2. Take a deep breath in and keep your chest still
3. Say "One" as you breathe in and sigh as you breathe out
4. You can do this with your eyes open or closed, whichever makes you feel comfortable and relaxed



## Method 2

1. Choose a comfortable and quiet place
2. Take a deep breath in and keep your chest still
3. Close your eyes and imagine a peaceful and relaxed place you have been to or would like to visit (e.g. garden, beach)
4. Stay with that and continue with slow breathing
5. When you feel relaxed, you can open your eyes

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## Practise mindful breathing daily

- Do breathing exercises regularly, (e.g. 2 times a day, 5 to 10 mins at scheduled times)
- Take deep breaths at the first signs of stress, low mood, anxiety, physical tension, or when you are uncomfortable