

## Progressive Muscle Relaxation

This relaxation method involves moving the focus of your attention to various muscle groups around your body and focusing on tensing, and relaxing these areas. There is no right or wrong order in which to work through different muscle groups, but you should include the following body areas:

- Hands/Fingers
- Face (forehead, eyes, nose, mouth and jaw)
- Back/Stomach
- Feet/Toes
- Arms
- Neck/Shoulders
- Legs

Progressive relaxation is often combined with guided imagery and breathing exercises.

Explore the links below for more information and techniques to practice for Progressive Muscle Relaxation exercises to suit you.

### Useful Links and Resources:

<http://www.buddhanet.net/audio-meditation.htm>

<http://www.freemindfulness.org/download>

[http://www.helpguide.org/mental/stress\\_relief\\_meditation\\_yoga\\_relaxation.htm#breathing](http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm#breathing)

<http://www.innerhealthstudio.com/progressive-muscle-relaxation-exercise.html>

<http://www.livingwell.org.au/relaxation-exercises/relaxation-strategy-5-progressive-muscle-relaxation/>

[http://www.project-meditation.org/htm/meditation\\_breathing\\_techniques.html](http://www.project-meditation.org/htm/meditation_breathing_techniques.html)

<https://www.painmanagement.org.au/2014-09-11-13-35-53/2014-09-11-13-36-47/176-progressive-muscle-relaxation.html>