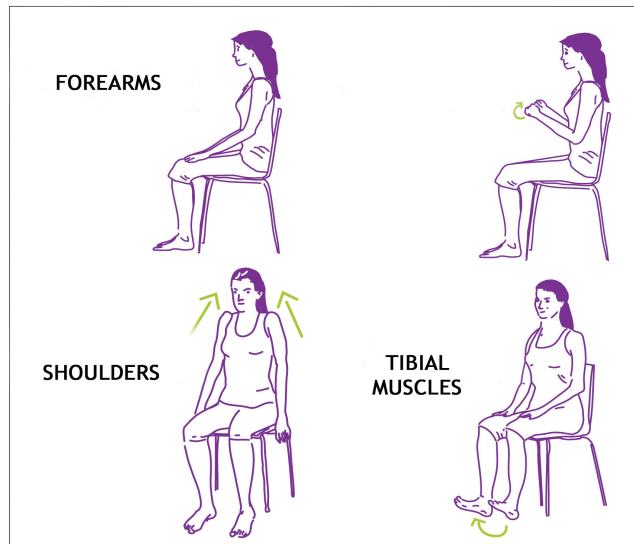


## Progressive Muscle Relaxation (PMR) – Step-by-Step Guide

If this is your first time, read this whole thing before starting. Audio guides help at first, but the goal is to do it yourself to be more aware of changes happening in your body.

### PROGRESSIVE MUSCLE RELAXATION



### How to Do It

1. Get comfortable – sit or lie down flat on your back.
2. Relax your body as much as possible.
3. Close your eyes.
4. Work through different muscle groups from **feet to head**.
5. Inhale → Tighten the muscle → Hold → Exhale → Release.

### Muscle Groups to Follow

- **Feet:** Curl your toes, tighten, hold 5 sec, then release.
- **Calves:** Flex feet up towards shins, hold, then release.
- **Thighs:** Squeeze thighs like holding a penny, then let go.
- **Glutes:** Clench, hold, and relax.

- **Abs:** Tighten as if bracing for a punch, then release.
- **Chest:** Take a deep breath, hold, then exhale completely.
- **Shoulders:** Shrug up to ears, hold, then drop them.
- **Arms & Hands:** Make fists, squeeze tight, then let go.
- **Neck & Face:** Scrunch your face, hold, then relax.

### How Often?

5 days a week is good. If life is rough, do it daily — you'll thank me later.

Physiotherapists and yoga therapists wouldn't want you doing this regularly because then you won't need them for stress-related body aches.

### Guided Versions to Try

If you prefer audio guidance, here are some links:

#### 10-minute version:

<https://youtu.be/2IJUD-e14FY?si=uzGSXmAUyJHjIOcc>

#### Longer version (Used at NIMHANS for stress reduction, now at version 9.0):

<https://youtu.be/qrsplYb31sw?si=TAVoP5wgdGXPLKck>

#### Other versions to try:

<https://youtu.be/ihO02wUzgkc?si=mDKlbW6Uwu5Lczim>

<https://youtu.be/pyxvL1O2duk?si=9T3UKd2em1taaKDv>

Try different ones and see what works for you. Just be **consistent** and eventually do it without the audio.

Happy practicing!

Warmly,

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