PROGRESSIVE MUSCLE RELAXATION

Your body responds to anxiety with muscles tension. But guess what else? Muscle tension only increases feelings of anxiety!

DID YOU KNOW...

BUT HOW WILL I KNOW THE DIFFERENCE BETWEEN RELAXATION AND TENSION?

Try out helpful exercises like these ones:

• Close your eyes and take a deep breath - gently inhale through your nose and slowly exhale through your mouth. Take another deep breath. Resume breathing normally.

• Clench your teeth. Release. Notice the sensation of relaxation in your jaw.

• Shrug your shoulders by gently raising them towards your ears. Relax by lowering them back down.

• Clench your left fist. Feel the tension through your lower arm. Let it go.

• Clench your right fist. Hold it tight... and relax. Notice the difference.

• Bend your elbows and tense your biceps. Relax by lowering your arms down to your sides. Enjoy the feeling of relaxation in your arms.

• Press your heels down. Push hard... hold... and relax.

• Curl your toes... hold it...and relax.

• Point your toes toward the floor... feel the tension in your calves... let go.

• Take in another deep breath, hold it briefly, and let it go.

Check out www.bewell-dowell.org for more info