

PROGRESSIVE MUSCLE RELAXATION

**Lay down or start in a comfortable position.
Go through the list of areas of the body and tense each for 5 seconds.**

- 1. Eyebrows - lift them.**
- 2. Eyes - squeeze them closed.**
- 3. Lips - press them together.**
- 4. Arms - stretch them long to your sides.**
- 5. Hands - clench them into fists.**
- 6. Elbows - bend arms and flex biceps.**
- 7. Shoulders - pull them up to your ears.**
- 8. Back - flex and arch your back.**
- 9. Stomach - tighten abdominal muscles.**
- 10. Posterior - tighten glute muscles.**
- 11. Legs - flex thigh and calf muscles.**
- 12. Feet - point and flex feet.**
- 13. Toes - curl toes under and then point.**

**Follow with a few minutes of
stillness and quiet.**



Quiescence exercises For Relaxation

Liyong Dong



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