

Practice Progressive Muscle Relaxation

Step 1: Tense your Body



Slowly tense and release each of your major muscles groups, starting at your feet and going all the way to your face.

Step 2: Hold and Release



Tense and hold each group for about 10 seconds. Then let the muscle group relax completely so that it feels limp or loose before moving to the next.

Step 2: Observe



Observe how each muscle group feels as you tense and release. With regular practice, progressive muscle relaxation can help you manage muscle tension throughout the day.



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