

Coping idea #2

Progressive Muscle Relaxation

Sit back or lie down in a comfortable position. Following the numbers, **tense** your **muscles** tightly, but not to the point of strain. **Hold the tension** for 10 seconds - pay close attention to **how it feels**. Then, **release the tension** - notice how the feeling of relaxation **differs** from the feeling of tension.

8 Scrunch your facial features to the center of your **face**, then relax.

6 Lift and squeeze your **shoulders** toward your ears, then let them drop.

5 Squeeze your **shoulder blades** together, then release them.

2 Point or flex your **feet**, then let them relax.

1 Curl your **toes** tightly into your feet, then release them.

9 Squeeze **all muscles** together, then release all tension.

Make a fist by curling your **fingers**, then relax your fingers.

Suck in your **abdomen**, then release the tension and let it fall.

Squeeze your **thighs** together tightly, then let them relax.

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