Progressive muscle relaxation: step by step

Tense for 5 sec, relax for 10–20 sec

- [ ] Hands: make fists
- [ ] Forearms and upper arms: bend your elbows
- [ ] Shoulders: lift them toward your ears
- [ ] Face: squeeze your eyes, wrinkle your forehead
- [ ] Jaw: clench gently
- [ ] Stomach: tighten your abs
- [ ] Buttocks and thighs
- [ ] Calves: pull your toes toward you
- [ ] Feet: curl your toes

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Practice	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○