

Using Progressive Muscle Relaxation during Covid-19

Find a quiet place free from distractions. Lie on the floor or recline in a chair, loosen any tight clothing, and remove glasses. Rest your hands in your lap or on the arms of the chair. Take a few slow, even breaths. Now, focus your attention on the following areas, being careful to leave the rest of your body relaxed.

1 Forehead

Squeeze the muscles in your forehead into a frown, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Slowly release the tension while counting for 30 seconds. Notice the difference in how your muscles feel and the sensation of relaxation. Continue to release the tension until your forehead feels completely relaxed. Continue breathing slowly and evenly.



2 Jaw

Tense the muscles in your jaw, holding for 15 seconds. Then release the tension slowly while counting for 30 seconds. Notice the feeling of relaxation and continue to breathe slowly and evenly.



3 Neck & Shoulders

Increase tension in your neck and shoulders by raising or shrugging your shoulders up toward your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.



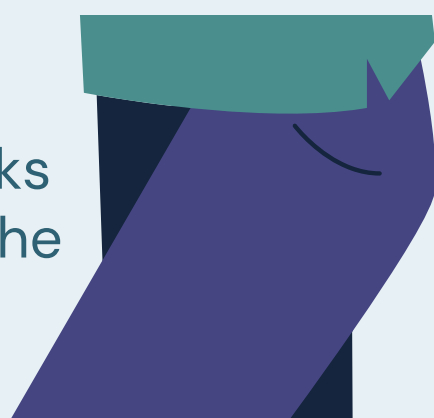
4 Arms & Hands

Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then slowly release while you count for 30 seconds. Notice the feeling of relaxation.



5 Buttocks

Slowly increase tension in your buttocks over 15 seconds. Then, slowly release the tension over 30 seconds. Notice the tension melting away. Continue to breathe slowly and evenly.



6 Legs

Slowly increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then gently release the tension over 30 seconds. Notice the tension melting away and the feeling of relaxation that is left.



Enjoy the feeling of relaxation sweeping through your body. Continue to breathe slowly and evenly.



7 Feet

Slowly increase the tension in your feet and toes. Tighten the muscles as much as you can, lift and point towards the ceiling. Slowly release the tension while you count for 30 seconds. Notice the tension melting away. Continue breathing slowly.



How to do progressive muscle relaxation: <https://www.youtube.com/watch?v=1nZEdqcGVzo>