

# My Progressive Muscle Relaxation (PGMR) Exercise Worksheet

## My PGMR daily plan

- ✦ I am going to practice my PGMR each day at: This is a time I can ensure I am free for 15 minutes and won't be disturbed.
- ✦ I am going to really tense a muscle group and hold it for 5 seconds, focusing my attention on how it feels. Then I am going to let go of the tension and relax the muscle and for 15 seconds really focus my attention on the difference and how it feels when that muscle group is relaxed. I can start from my feet working upwards, or down from my head.
- ✦ Before I start:  
Sit down comfortably in a chair and remember to take off my shoes.
- ✦ **Remember: If you have an existing physical health condition, back pain, muscle spasms or injury (or develop one of these problems during the time you are using PGMR) then you must always check this out with your GP before using PGMR**

### Tensing my muscles

Starting at my head or my feet, whichever I prefer, tense one muscle group at a time from my list. Hold the muscle really tense for 5 seconds. Focus my attention on what it feels like when tensed up. Don't hold for any more than 5 seconds. Remember the 5/15 time limit. Holding it too long can feel uncomfortable or lead to cramping.

### Relaxing my muscles

When I have held the muscle group I am working on tense for 5 seconds and paid attention to what it feels like, then it is time to relax that muscle group for 15 seconds. I need to focus my attention on what it feels like to release the tension and the difference in how the muscle group feels now it is relaxed. Once I have tensed and relaxed one muscle for 5/15, then it is time to tense and relax the next muscle group from my list in the same way, until I have worked through all the muscles on my list.

### Ending the exercise

You may feel a little stiff after tensing and relaxing all your muscle groups using your PGMR practice. Stretch it out and then you can carry on with the rest of your day.

**My forehead:** lift my eyebrows as high as I can and hold them tense.

**My face:** tighten up the muscles in my face, around my cheeks and nose and hold it tense.

**My jaw:** hold my jaw slightly open and tense it.

**My neck and shoulders:** lift up my shoulders to my neck, put my head forward and tense.

**My right arm at the top:** tighten my bicep muscle and tense it as if showing someone my muscles.

**My left arm at the top:** repeat as above with my left bicep muscle.

**My right hand and forearm:** make a fist and tense my lower arm and stretch it out, keeping it tense

**My left hand and forearm:** repeat the above with my left hand and forearm

**My upper back and shoulder blades:** stretch up my back and shoulder blades and hold them tense.

**My abdomen and lower back:** pull in my tummy muscles and hold them tight and tense.

**My buttocks:** tighten my buttocks and tense them up.

**My entire right leg:** put my leg out and tense it all the way down.

**My entire left leg:** repeat the above on my left side.

**My lower right leg and calf:** tense my calf muscle in my lower leg.

**My lower left leg and calf:** repeat the above with my left side.

**My right foot:** curl up my toes and tense my foot.

**My left foot:** repeat the above with my left foot.