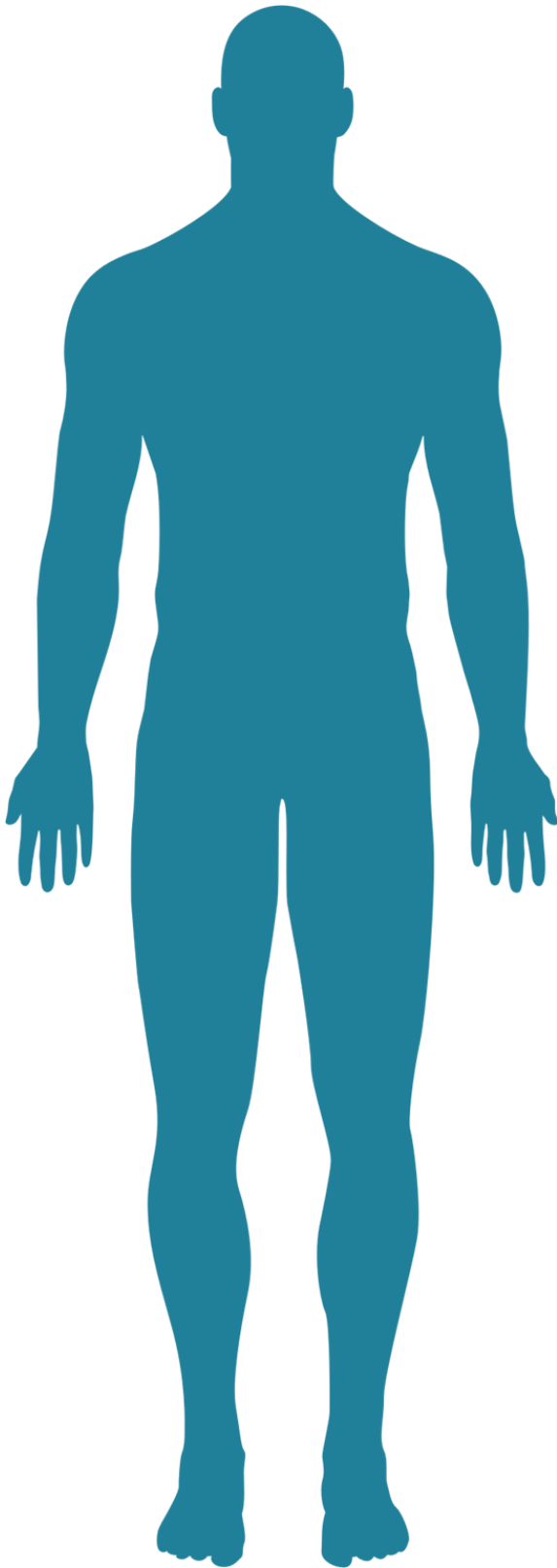


# DEEP MUSCLE RELAXATION



People with anxiety or stress often experience heightened muscle tension and physical symptoms such as increased heart rate and shallow breathing. Deep Muscle Relaxation works by promoting relaxation and reducing the physical manifestations of anxiety and stress. It can also improve sleep quality.

Before you begin, find a comfortable spot where you won't be disturbed. Sitting or lying down, get comfortable and close your eyes. Spend a few minutes breathing slowly and calmly.

Deep muscle relaxation involves tensing and then relaxing different muscle groups. Breathe in when tensing and out when relaxing. **Follow this sequence:**

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**Hands** Clench one hand tightly, notice the tension, then relax. Repeat with the other hand.

**Arms** Bend your elbows and tense your arms, especially the upper arms, then relax.

**Neck** Press your head back, roll it side to side slowly, then bring it to a comfortable position.

**Face** Lower your eyebrows in a frown, then relax. Raise your eyebrows, then relax. Clench your jaw, then relax.

**Chest** Take a deep breath, hold for a few seconds, then relax and return to normal breathing.

**Stomach** Tense your stomach muscles as tightly as you can, then relax.

**Backside** Squeeze your buttocks together, then relax.

**Legs** Straighten your legs, bend your feet towards your face, then relax and wiggle your toes.

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