

PROGRESSIVE MUSCLE RELAXATION



via Trauma-Informed Practices

Relax Your Body. Calm Your Mind.



Progressive Muscle Relaxation (PMR) helps your body let go of tension and feel more calm. By tensing (tightening) a muscle group, then relaxing it, you teach your body the difference between stress and calm. You are in control. You can pause or stop at any time.

Name: _____

Date: _____

Today I want to feel: _____



This is an invitation, not a command.
You choose what feels safe for you.

HOW IT WORKS

1 TENSE: Gently tighten the muscle group for 5–7 seconds.



2 RELEASE: Let go and relax for 15–20 seconds.



3 NOTICE: Notice how your body feels.



4 BREATHE: Keep breathing slowly and deeply throughout.



BODY SCAN & MUSCLE GROUPS

Work from head to toe.
Tense, then release.

Forehead & Scalp

Face
(eyes, cheeks, jaw)

Neck

Shoulders

Arms
(biceps)

Hands
(fists)

Thighs

Calves

Feet
(toes)



Check In:
How does your body feel right now?



Remember:
Your body holds wisdom.
Be kind. Be patient.
You are doing great.



BEFORE YOU BEGIN

- Find a quiet, comfortable place where you feel safe.
- Sit or lie down in a way that feels supportive.
- You get to choose what parts of your body you work with.
- If any area feels unsafe or uncomfortable, skip it.
- Focus on your breath and move at your own pace.

BENEFITS

- Reduces stress and anxiety
- Relieves muscle tension
- Improves body awareness
- Supports better sleep
- Helps you feel more in control



USE YOUR BREATH AS YOUR ANCHOR



Breathe in slowly through your nose for 4 counts.

→ Hold gently for 2 counts.

→ Breathe out slowly through your mouth for 6 counts.



♥ You are safe. You are here. You are enough. ♥