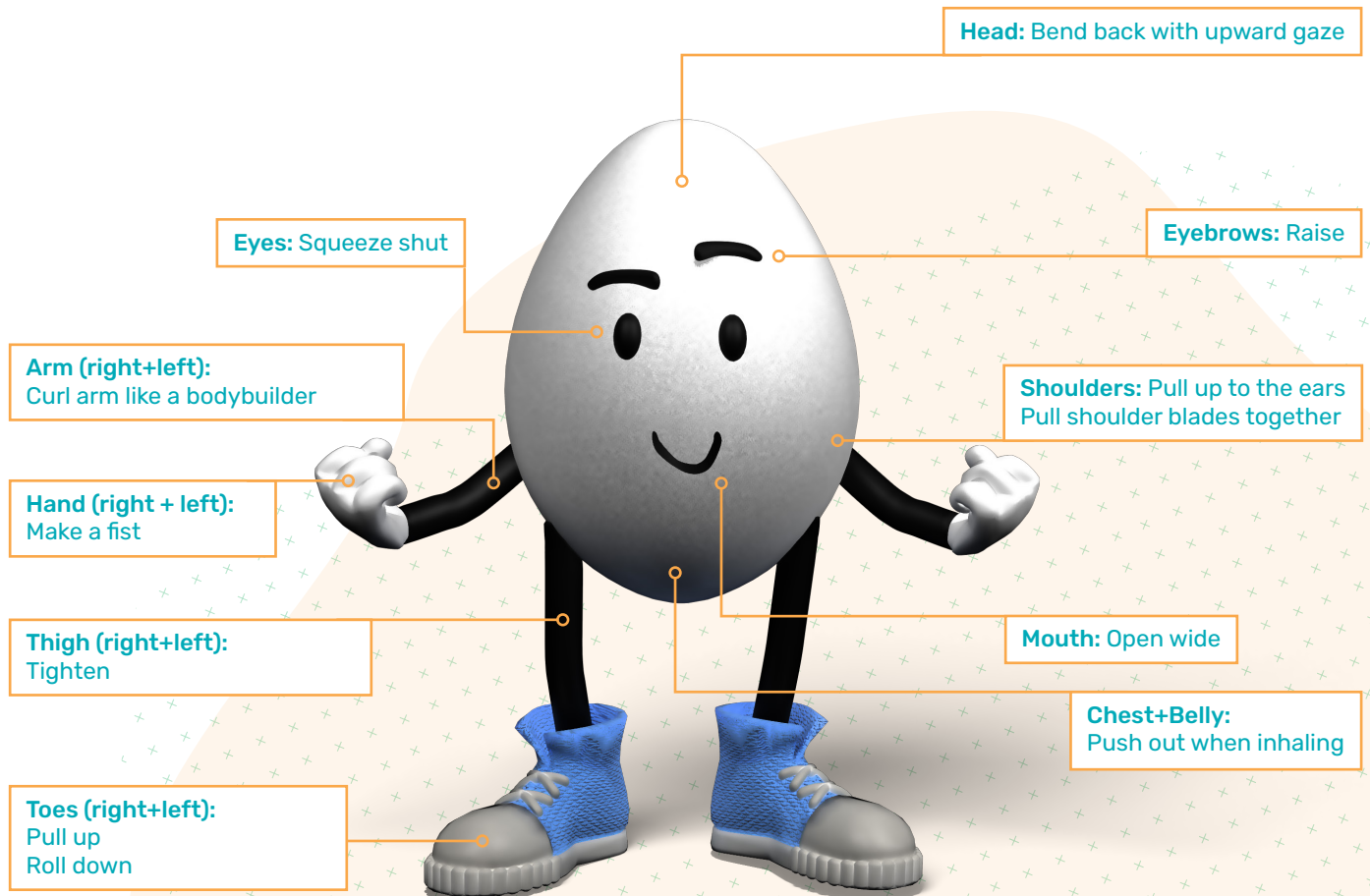


Quick Guide: Progressive Muscle Relaxation (PMR for short)

You can do this muscle relaxation exercise while sitting or lying down.
Different muscle groups in your body are alternately tensed and relaxed.



Here we go...

1. Inhale deeply through the nose and tense the different muscle groups one after the other. Hold this tension for a few seconds.
2. Then exhale through the mouth and relax the muscle group. After a short relaxation, tense the muscle group again and try to squeeze even tighter than before.
3. Then relax again and notice what the muscles feel like now. When you have tensed and relaxed one part of the body on both sides, move on to the next. You can choose the order of the muscles, as it is comfortable for you.
4. When you have gradually tensed and relaxed all parts of your body, stay lying or sitting for a short while and feel the relaxation in your body. It is now completely at ease.
5. To finish, breathe in deeply through your nose and out through your mouth. If you do this relaxation exercise more often, you will find it gets easier and easier to relax your body.
6. Enjoy the sensations and continue your day with this relaxed feeling.