



# IT'S OK TO STOP AND RELAX

## PROGRESSIVE RELAXATION

Progressive relaxation involves slowly tensing and then releasing each muscle group individually, starting with the muscles in your feet and legs and finishing with your head. Tension can go unnoticed but if you use this exercise regularly you will find a reduction in the levels of stress and burnout.

### 1 Tensing the muscles

Take a slow, deep breath and tense the muscles as hard as you can for five seconds. It's important to really feel the tension in the muscles even when it causes some discomfort or shaking.

### 2 Relaxing the tensed muscles

After five seconds, let all the tightness flow out of the tensed muscles. Exhale as you do this. The muscles should be loose and limp as the tension flows out. It's important to acknowledge the difference between the tension and relaxation.

Remain in this relaxed state for about 15 seconds, then move on to the next muscle group. Repeat the tension-relaxation steps. After completing all the muscle groups, take some time to enjoy the deep state of relaxation.

For more tips and information visit our website [www.oscarkilo.org.uk](http://www.oscarkilo.org.uk)

## HOW TO TENSE MUSCLE GROUPS

