



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.

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.

Relaxina 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

HOW TO TENSE MUSCLE GROUPS

FOREHEAD:

raise your eyebrows as far as you can

MOUTH:

open your mouth wide enough to stretch your jaw

EYES:

clench your eyelids tightly shut

> **NECK AND SHOULDERS:**

lift your shoulders up to touch your ears

CHEST:

tighten by taking a deep breath

STOMACH:

suck your stomach in

BUTTOCKS:

tighten by pulling your buttocks together

LOWER LEG AND FOOT:

tighten your calf muscle by pulling your toes towards you **ENTIRE ARM:**

clench your fist and pull your forearm towards your shoulder

HAND: clench your fist

ENTIRE LEG:

squeeze thigh muscles

FOOT:

curl your toes downward

