

Progressive Muscle Relaxation

A guided technique to release physical tension and calm the body

How It Works This technique involves gently tensing and then relaxing different muscle groups. It helps your body recognise tension and shift into a more relaxed state.

Step-by-Step Guide

1 Get Comfortable

Lie down or sit in a quiet space where you won't be disturbed. Allow your body to fully relax.

2 Notice Tension

Scan your body for areas of tightness (e.g. shoulders, jaw, neck, back).

3 Breathe In & Tense (4–10 seconds)

Take a slow breath in.
Gently tense one muscle group (e.g. fists, shoulders, legs).
Hold the tension without causing pain.

4 Breathe Out & Release

Slowly exhale and fully relax the muscle.
Notice the difference between tension and relaxation.

5 Move Through the Body

Repeat this process across muscle groups:

- Feet & legs
- Stomach & chest
- Hands & arms
- Shoulders & neck
- Face & jaw



6 Full Body Reset

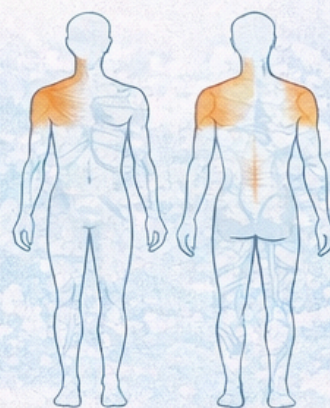
Once finished, take a few moments to rest.
Focus on your breathing and the feeling of relaxation.



Helpful Tip

Try pairing each release with a slow exhale.

Imagine the tension leaving your body as you breathe out.



Why It Helps

- Reduces physical tension
- Calms the nervous system
- Improves body awareness
- Supports stress and anxiety management



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