

# Progressive Muscle Relaxation

## for Children & Adolescents



When we're stressed, our muscles can become tense, leading to stiffness or even back and neck pain. By practicing progressive muscle relaxation, you can help your body relax and reduce the physical symptoms of stress. It's a great way to feel calmer and more in control.

### How to Practice Progressive Muscle Relaxation

#### 1. Find a Quiet, Comfortable Spot:



Sit or lie down somewhere comfortable and quiet.

#### 2. Tense and Release Muscles:



The goal is to tense each muscle group and then release the tension. Follow the pattern of tensing and releasing tension throughout your entire body: feet, legs, torso, arms, hands, shoulders, neck, and head.

##### Feet and Toes:

**Tense:** Curl your toes tightly into your foot. Notice the feeling of tension. Hold for 5 seconds.

**Release:** Let your toes relax. Notice the difference in how they feel.



**Tense**



**Release**

**Calves:**

**Tense:** Tighten the muscles in your calves. Hold for 5 seconds. Notice the tension.

**Release:** Let your calves relax. Feel the difference.

**Thighs:**

**Tense:** Squeeze your thigh muscles. Hold for 5 seconds. Notice the tension.

**Release:** Relax your thighs. Feel the relaxation.

**Stomach:**

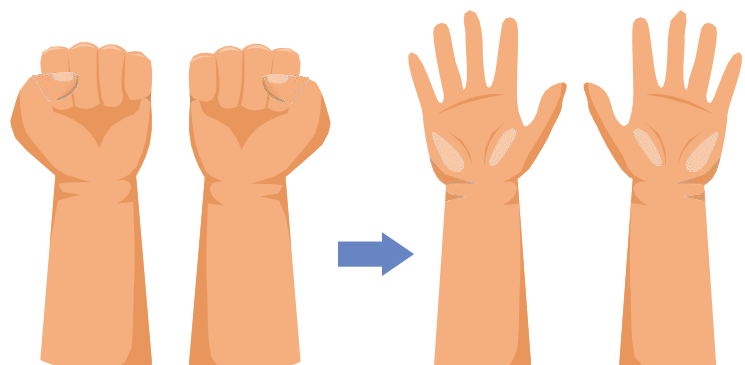
**Tense:** Tighten your stomach muscles. Hold for 5 seconds. Notice the tension.

**Release:** Relax your stomach. Feel the relaxation.

**Arms and Hands:**

**Tense:** Make a fist and squeeze your hand muscles. Hold for 5 seconds. Notice the tension.

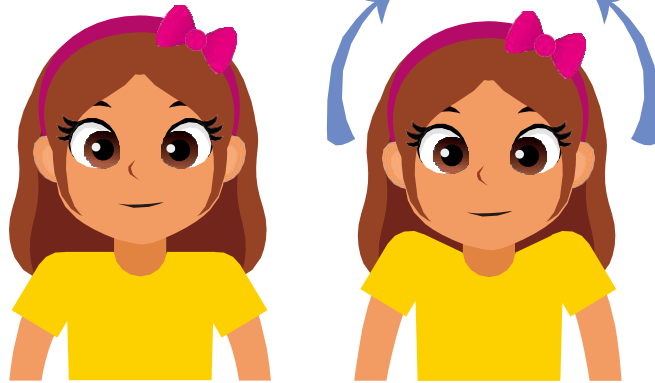
**Release:** Relax your hands. Feel the relaxation.



### Shoulders:

**Tense:** Shrug your shoulders up to your ears. Hold for 5 seconds. Notice the tension.

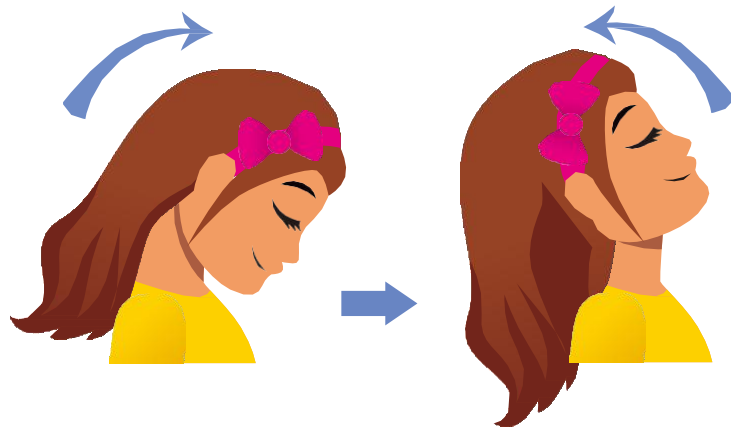
**Release :** Relax your shoulders. Feel the relaxation.



### Neck and Head:

**Tense:** Press your head back gently (if lying down) or forward (if sitting). Hold for 5 seconds. Notice the tension.

**Release:** Relax your neck and head. Feel the relaxation.



### Repeat as Needed:

You can repeat the process for any areas that still feel tense.

