

The Progressive Muscle Relaxation Technique (Edmund Jacobsen)

This technique can help to create a state of relaxation in both body and mind. It involves tensing certain parts of the body then immediately relaxing them, which promotes greater awareness of (and control over) these two states.

Many variations of the basic concept exist – here's one from the author Joy Rains that can be found on the 'healthline' website:-

Feet

1. Bring your attention to your feet.
2. Point your feet downward and curl your toes under.
3. Tighten your toe muscles gently, but don't strain.
4. Notice the tension for a few moments, then release and notice the relaxation. Repeat.
5. Become aware of the difference between the muscles when they're tensed and when they're relaxed.
6. Continue to tense and relax the leg muscles from the foot to the abdomen area.

Abdomen

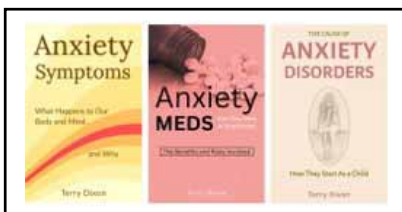
1. Gently tighten the muscles of your abdomen, but don't strain.
2. Notice the tension for a few moments. Then release, and notice the relaxation. Repeat.
3. Become aware of the difference between the tensed muscles and the relaxed muscles.

Shoulders and neck

1. Very gently shrug your shoulders straight up towards your ears. Don't strain.
2. Feel the tension for a few moments, release, and then feel the relaxation. Repeat.
3. Notice the difference between the tensed muscles and the relaxed muscles.
4. Focus on the neck muscles, first tensing and then relaxing until you feel total relaxation in this area.

- Find somewhere quiet and comfortable.
- Start with some deep breathing first, to help relax you a little.
- Session should take 20-30 mins.

See also: Free Anxiety eBooks



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(www.help-for.com/free-anxiety-ebooks.htm)