



# Progressive Muscle Relaxation

## What is it?

Progressive muscle relaxation is going step by step and tensing and relaxing the muscles in your body. In the same way our muscles can feel tense after working out or running; feeling stressed or worried can cause us to tense our muscles, leaving them sore. By tensing and relaxing our muscles, we can feel more relaxed and calm.

## Exercises to Try

1. Squeeze your hands like you are trying to get juice from a lemon. Hold for 5 seconds and slowly release.
2. Stretch like a cat. Hold for 5 seconds and slowly release.
3. Arch your back a little and bring your shoulders back. Hold for 5 seconds and slowly release.
4. Point your toes forward like a ballerina. Hold for 5 seconds and relax. Flex your toes upwards, towards yourself. Hold for 5 second and release.
5. Tighten your stomach muscles for 5 seconds and slowly release.
6. Scrunch your nose and hold for 5 seconds and release. Raise your eyebrows and hold for 5 seconds and release.

---

## Breathing Techniques: Tips and Exercises to Try

1. Deep breathing can be done anywhere, anytime if you are feeling stressed or need to relax. Breathing exercises can also improve focus.
2. Be sure to breathe in through your nose and out through your mouth. You should feel the breath in your belly.
3. Try at home:
  - Pretend you are blowing out a candle. Practice making the flame wiggle but not completely go out.
  - Pretend you have a cup of hot chocolate and it is too hot to drink. Practice smelling the hot chocolate and blowing it to cool it off.



School Health Alliance  
FOR FORSYTH COUNTY

*Keeping students healthy, fit and ready to learn.*