

Progressive muscle relaxation

When we are stressed our bodies become tense, often without us knowing it. Muscle relaxation exercises are a good way to relieve built-up tension, and by relaxing our bodies we are sending a signal to our brain to also refocus.



Begin by taking a few deep breaths to relax. Inhale slowly through your nose, and exhale gently through your mouth.



When you start, start with each muscle group in turn - legs, arms, glutes, back, stomach, neck, face and forehead - and tense each muscle group and hold for 5 seconds.



When you are tensing the muscles, make sure you can feel the tension but not so much that you feel a lot of pain.



Relax the muscle group for 5 seconds.



When you have finished the exercise, remain seated for a few moments, allowing yourself to become more alert.

