

Muscle Relaxation

Helpful Hints

- Set aside 15-20 minutes for this exercise
- Find a quiet, comfortable area to complete this exercise
- When reading the instructions or guiding a loved one through this exercise, speak slowly and use a calm voice.
- Make sure you or your loved one is not tensing too hard, you should not feel pain.
- Tense each muscle for 5 seconds before relaxing the muscle and then move on to the next muscle group.
- Remember to breath!

Here is a list of body parts to guide your own relaxation exercise (See Picture on Page 2)

- Forehead
- Cheeks
- Shoulders
- Arms
- Hands/Fingers (make fists)
- Chest (Take a deep breath/expand)
- Stomach
- Butt
- Thighs
- Calves
- Feet/Toes



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