

# PROGRESSIVE MUSCLE RELAXATION (PMR)

**Dr. Atreyi Mukherji MD, FRCPC, MPH**

Internal Medicine, Infectious Diseases,  
Complementary Integrative Medicine\* & Integrative Health Coach

## GIVE IT A TRY!...

1. While sitting quietly and comfortably, slowly inhale and exhale and close your eyes as you do so.
2. Bend your right hand back at the wrist and briefly hold the tension. Now relax.
3. Now do the same thing with the left hand. Hold the tension and now relax.
4. This time tighten both hands into fists and hold the tension. Feel it spread up the arms towards the elbows. Now relax.
5. Now bend both arms at the elbows and raise your hands up towards your shoulders. Tighten up the muscles in the biceps. Hold it. Now relax.
6. These three exercises have used the major muscles in the arms and started them relaxing. If you don't move them around, they will continue to relax becoming more and more relaxed, and you can forget about them.
7. Next, turn your attention to your face. For your forehead raise your eyebrows up as far as you can and hold the tension. Now relax.
8. For your eyes, squeeze the eyelids tightly together. Hold the tension. Now relax.
9. For your jaw you just bite down and clamp your teeth together. Feel the tension along the jaw. Now relax. These three exercises have started the face relaxing.
10. For your neck just bend your head forward as if trying to touch your chin to your chest. Feel the tension along the back of the neck and now relax.