

# SELF-DIRECTED PMR

Begin by laying down in a quiet space without distractions,  
settle into a comfortable position,  
take 3-5 slow, deep breaths...exhale longer than inhale

hold tension in each area for 5 second, release,  
bring awareness to how that area feels before moving to the next area

1. flex or curl toes as if making a fist with the feet

2. point feet to contract calf muscles



3. lift kneecaps to contract quadriceps (front of thigh) muscles

4. squeeze buttocks

4. contract abdominal muscles

5. wrap arms around shoulders as if giving a bear hug to contract chest muscles



6. lift shoulders up towards ears

7. bend elbows bringing hands towards shoulders to contract biceps (upper arm) muscles

8. squeeze hands into tight fists

9. clench jaw

10. scrunch entire face...  
purse lips, crinkle nose, squeeze eyes closed, furrow eyebrows

