

# Paired Muscle Relaxation

Minimize Distress In Your Body & Mind

Large

Medium

**Hands/Wrists:** Make a fist with both hands and bend wrist backwards.

**Lower/Upper Arms:** Make a fist with both hands and bend arms up to touch your shoulders.

**Shoulders:** Pull shoulders up to ears.

Large

Medium

**Forehead:** Pull eyebrows close together, wrinkling forehead.

**Eyes:** Shut eyes tightly.

**Nose/Upper Cheeks:** Scrunch nose. Bring upper lip/cheeks towards eyes.

Medium

**Lips/Lower Face:** Press lips together and bring corners of lips toward ears.

**Tongue/Mouth:** Teeth together. Push tongue against roof of mouth.

Large

Medium

**Neck:** Push head back into chair, floor, or bed. Or push chin to chest.

**Chest:** Take a deep breath and hold.

**Back:** Arch back and pinch shoulder blades together.

Medium

**Stomach:** Contract core tightly.

**Buttocks:** Squeeze together tightly.

Large

Medium

**Upper Legs/Thighs:** Legs out. Tense quads and hamstrings.

**Calves:** Legs out. Point toes down.

**Ankles:** Legs out. Point toes together. Heels out. Toes curled under.