

PROGRESSIVE MUSCLE RELAXATION (PMR)



ABOUT US

Credit Valley Counselling and Psychotherapy provides compassionate, evidence-based support for individuals, couples, and families. We offer a safe space to explore challenges, strengthen coping skills, and work toward meaningful emotional wellbeing.

WHAT IS PMR?

Progressive Muscle Relaxation (PMR) is a calming technique that helps reduce physical tension and stress by tightening and then relaxing different muscle groups. Many people hold stress in their body without noticing it. PMR teaches the body to recognize the difference between tension and relaxation, helping the nervous system shift into a calmer state.



**RELAXING THE BODY
HELPS CALM THE MIND**

WHY PMR WORKS

During stress or anxiety, muscles naturally tighten. PMR interrupts this cycle. When you tense a muscle and then release it, the body experiences a deeper level of relaxation. This sends a signal to your brain that you are safe, lowering heart rate and calming the body.



PMR TIPS

- Practice once per day if possible.
- Move slowly between muscle groups.
- Avoid tensing areas with pain or injury.
- Notice how your body feels after each release.
- The goal is relaxation, not force.

PRACTICING PMR

01 Get Comfortable

Sit in a chair or lie down. Rest your hands by your sides. Gently close your eyes if that feels okay.

02 Take Slow Breathes

Inhale through your nose, exhale through your mouth. Do this 3 times to settle your body.

03 Tense One Muscle Group

Start with your hands or feet. For example: curl your hands into tight fists.

04 Hold The Tension

Keep the muscle tight for about 5 to 7 seconds. Notice how the tension feels.

05 Release and relax

Let the muscle go completely. Notice the difference between tight and relaxed. Rest for 10 to 15 seconds.

06 Finish With A Full Body Check

Notice where your body feels heavier, warmer, or softer. Take one last slow breath in and out.

REFLECTION SECTION

What part of your body felt the most tense?

What did you notice after releasing the tension?

How relaxed do you feel now? (0 to 10)





FOR MORE INFORMATION PLEASE CONTACT



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