

Progressive Relaxation

Progressive muscle relaxation (PMR) is an exercise routine where you relax your body and your mind by progressively tensing up and then relaxing your muscles from head to toe. The technique was first described by Edmund Jacobson in the 1930s and is based on a premise that mental calmness is a natural result of physical relaxation. Throughout the years, Jacobson's techniques have been modified in many different ways.

Click on the image for an example of a modified progressive relaxation exercise.

