

# STRESS MANAGEMENT STRATEGIES

## Relax your muscles

Do a quick body scan and notice any muscle tension you have. Intentionally relax tense muscles.

***Progressive muscle relaxation is a simple technique of tensing and relaxing one muscle group at a time.*** Try this technique:

While sitting in a chair, inhale, contract one muscle group (i.e., your calves) for 5-10 seconds, then exhale and release the tension in that muscle group.

Relax for 10-20 seconds and move onto the next muscle group.

While you release the tension in muscle groups, focus on the changes you feel when the muscle group is relaxed. You can imagine that stressful feelings are flowing out of your body as you relax each muscle group

Gradually work your way up (or down) your body as you contract and relax muscle groups.

If you wish, you can just focus on a muscle group that is tense or painful – do whatever helps you the most!