



**PROGRESSIVE MUSCLE RELAXATION:
TAKE HOME POINTS**

Progressive Muscle Relaxation (PMR) is a set of exercises aimed at helping us reduce anxiety and tension in the body. Through the practice of tensing and relaxing groups of muscles, we learn to feel the difference between tension and relaxation and release muscle tension when we feel it. It works best if practiced regularly. As with any skill, relaxation takes time and practice to master.