

A surreal landscape with a large blue planet in the sky, a waterfall, and a room with armchairs. The scene is viewed through a circular opening in a dark blue fabric. The planet is a vibrant blue with white clouds. Below it, a waterfall cascades down a rocky cliff. In the foreground, two brown leather armchairs are positioned on either side of a large, dark, reflective pool of water that mirrors the waterfall and the planet above. The overall atmosphere is calm and serene.

## ***PROGRESSIVE MUSCLE RELAXATION***

**Progressive Muscle Relaxation (PMR) is the basic skill (this is discussed further on the previous page). While guided by a therapist (or recording), a person practices tensing and then relaxing individual muscle groups, which releases tension and makes one more aware of the difference between tension and relaxation. It is good to practice in the morning or at night before going to bed. Try practicing it one or two times per day for two weeks before expecting to see results.**