



PROGRESSIVE MUSCLE RELAXATION

One way to think about relaxation is that it is the absence of tension in the body's muscles. Imagine being able to simply release your body's tension instantly without taking medication or having a drink! In the 1920's Edmund Jacobson, a Chicago physician, created a set of exercises aimed to do just that –he published his intervention in a book entitled Progressive Relaxation. What Jacobson knew to be true is that deep muscle relaxation is incompatible with our body's anxiety response. He worked with the knowledge that by consciously working to reduce muscle tension, we can actually influence how anxious we feel.