PREPARE TO RELAX: JACOBSON’S PROGRESSIVE RELAXATION TECHNIQUE

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“Health and well-being is a duty, otherwise we shall not be able to keep our mind strong and clear.” - Buddha

ABSTRACT
The aim of this information sheet is to remind you about how you can manage your stress using Jacobson’s progressive relaxation technique. This is a technique that uses muscle contraction and relaxation to make you feel calmer. Jacobson’s Progressive muscle relaxation is an exercise that relaxes your mind and body by progressively tensing and relaxing muscle groups throughout your entire body. You will tense each muscle group vigorously, but without straining, and then suddenly release the tension and feel the muscle relax. You will tense each muscle for about 5 seconds. If you have any pain or discomfort at any of the targeted muscle groups feel free to omit that step. Throughout this exercise you may visualise the muscles tensing and a wave of relaxation flowing over them as you release that tension. It is important that you keep breathing throughout the exercise.

Key Words: Jacobson’s Progressive muscle relaxation, relaxation and exercise.

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