

## Exercise sheet

# JACOBSON'S PROGRESSIVE RELAXATION



The principle is to deliberately tense up a specific group of muscles for a few seconds, then release the tension.

Sit in a quiet place, lying on your back, arms alongside the body, your feet next to each other, eyes closed. Concentrate first on your breathing. Breathe in slowly, deeply.

The aim is to follow these 3 steps for each of the following muscle groups:

### Contract

Induce a tension that is just quite strong to feel it well - but without being painful or too painful for 5 to 7 seconds. Find out about the discomfort of your tension.

### Release

Suddenly let this tension go, breathing out at the same time.

Feel your muscles become relaxed and limp, with all the tension released.

### Focus

Now feel well-being, heat, And pleasant sensations of relaxation in this area.

Examine the difference between tension and relaxation. Stay 15 seconds in this state and go to the following muscle group.

