



## PROGRESSIVE MUSCLE RELAXATION



BrantfordPAC.com/Wellness

### JAW



#### Hold that Stick

IMAGINE YOU'RE A DOG WITH A STICK

- Bite down on it as hard as you can
- Hold for at least 5 seconds
- Let go and relax your whole body

### SHOULDERS & NECK

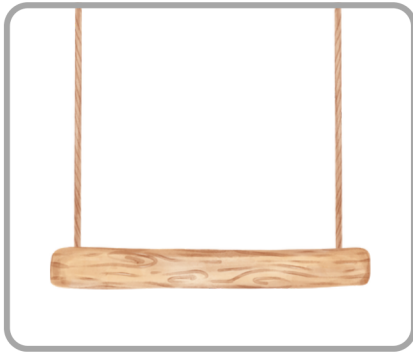


#### Hide in Your Shell

IMAGINE YOU ARE A TURTLE

- Pull your shoulders up to your ears as you push your head down into your shoulders
- Hold for at least 5 seconds
- Let go and relax your whole body

### BACK

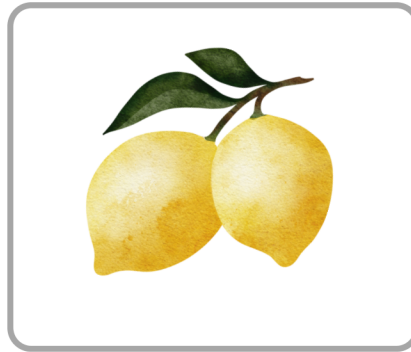


#### Swing Up High

IMAGINE BEING ON A SWING AT THE PARK

- Rock your upper body back and forth while using your arms to propel yourself higher
- Continue for at least 5 seconds
- Sit back and relax your whole body

### HANDS & ARMS



#### Squeeze a Lemon

IMAGINE HOLDING A LEMON IN EACH HAND

- Squeeze hard to get all the juice out
- Hold for at least 5 seconds
- Let go and relax your whole body

### ARMS & SHOULDERS

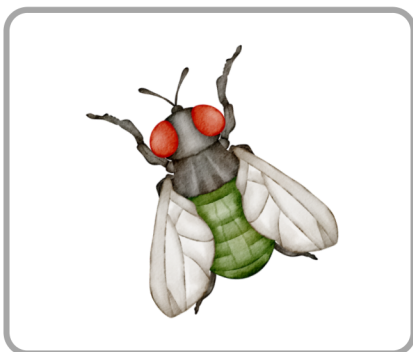


#### Stretch Like a Cat

IMAGINE YOU ARE A CAT THAT JUST WOKE UP

- Stretch your arms out in front of you
- Raise them way up high over your head
- Hold for at least 5 seconds
- Drop your arms quickly and relax your body

### FACE & NOSE

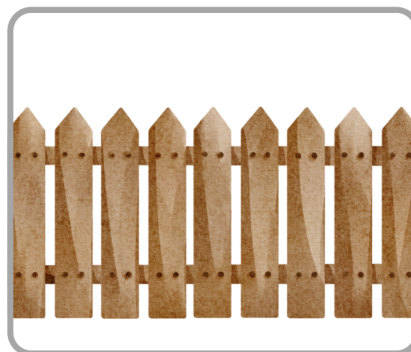


#### Get that Fly Off Your Nose

IMAGINE A FLY LANDING ON YOUR NOSE

- Try to get it off without using your hands
- Wrinkle/scrunch your nose as much as you can
- Hold for at least 5 seconds
- Let go and relax your whole body

### STOMACH



#### Squeeze Through a Fence

IMAGINE SQUEEZING THROUGH THIS FENCE

- Suck your stomach in small and tight
- Hold for at least 5 seconds
- Let go and relax your whole body

### LEGS & FEET



#### Squish Your Toes in the Mud

IMAGINE BEING BAREFOOT IN A MUD PUDDLE

- Squish your toes down deep into the mud, trying to get your feet down to the bottom
- Hold for at least 5 seconds
- Let go and relax your whole body