

### Additional Resources

#### Free Progressive Muscle Relaxation Audios

- Webpage of John M. McCauley, Ph.D.  
(Clinical and Sport Psychologist)  
<http://www.johnmccauleyphd.com/Progressive-Relaxation.html>
- Webpage of the Coventry and Warwickshire Partnership NHS Trust  
[http://www.covwarkpt.nhs.uk/dont\\_panic/Pages/relaxation.aspx](http://www.covwarkpt.nhs.uk/dont_panic/Pages/relaxation.aspx)
- Webpage of Dartmouth College  
[http://media.dartmouth.edu/~healthed/p\\_muscle\\_relax.mp3](http://media.dartmouth.edu/~healthed/p_muscle_relax.mp3)

Shrewsbury Psychology Centre commonly offers various free events - Talks, taster sessions and training days. Subscribe to our newsletter on our webpage to be informed of everything that we offer.

[www.shrewsburypsychologycentre.co.uk](http://www.shrewsburypsychologycentre.co.uk)

Our team of Clinical and Counselling psychologists provides services to address the psychological and mental health needs of children, adults and families.

We are registered with the Health and Care Professions Council (HCPC), the British Psychology Society (BPS) and are a registered provider to BUPA. We have professional and public liability insurance cover and enhanced DBS checks.

For more information about Shrewsbury Psychology Centre and the work we do please contact us:

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or

have a look at our webpage  
**[www.shrewsburypsychologycentre.co.uk](http://www.shrewsburypsychologycentre.co.uk)**

## Progressive Muscle Relaxation

*Release the tension in your body,  
relieve the symptoms of stress, clear  
your thoughts and feel relaxed.*



**Information Leaflet**

# Stress, Anxiety and Relaxation

# Progressive Muscle Relaxation

# Everyday Life Use

## *Tackle stress and anxiety*

We live in a fast-paced and ever-changing world, in which the demands placed on us are constantly increasing - No wonder that so many of us feel stressed.

So how do you tackle your stress or your anxiety?

Well there are many ways that can help you reduce both stress and anxiety levels;

- ✓ physical activity
- ✓ spending time with friends and family
- ✓ seeking professional help (GP, Psychologist; Counsellor)
- ✓ Relaxation techniques (Mindfulness, Breathing exercises, Progressive Muscle Relaxation)

This leaflet focuses on Progressive Muscle Relaxation as technique to reduce stress and anxiety. However, if you would like advice on other ways to reduce your stress and anxiety please contact us.

## *What is Progressive Muscle Relaxation?*

Progressive Muscle Relaxation was developed in the early 1920s by an American physician named Edmund Jacobsen. The technique is based on the principle that physical relaxation leads to mental calmness.

Progressive Muscle Relaxation teaches the relaxation of muscles through the two-step process of tensing and relaxing certain muscle groups. People are taught to recognize and distinguish the associated feelings of a tensed muscle and a completely relaxed muscle. Through repetitive practice people can then consciously induce physical muscular relaxation at the first signs of tension that usually accompanies stress and anxiety.

Using Progressive Muscle Relaxation effectively is a skill that needs to be learned, so don't worry if you find it difficult to relax during your first few trials. It will come with practice.

## *Integrating Progressive Muscle Relaxation in your Everyday Life*

One of the great benefits of Progressive Muscle Relaxation is that it is adaptable to fit various situations and therefore it is easy to integrate in your everyday life. You do not have to go through all the muscle groups but can focus on certain ones that are appropriate for the situation or ones that are most beneficial to you. You can also adjust the length of the technique, ranging from a few minutes to hours. You can engage in it while lying down, sitting or even standing. So no matter if at work on your office chair or in the queue at a supermarket till once you have mastered the technique you will be able to use it in various situations.

