



Walker Therapy Services

GUIDE TO PROGRESSIVE MUSCLE RELAXATION

- Muscle tension can be correlated with anxiety and panic attacks
- Focus on your breathing when you are feeling anxious or feel a panic attack beginning
- Focus on the muscles that are tense and isolate them by tightening them intentionally and releasing that tension
- Intentionally tensing muscle and releasing them can relieve the tension in your body
- Go through your body from head to toe and tense each muscle group individually and release them after a few seconds
- This can be helpful for relaxing at the end of the day before bed
- Progressive muscle relaxation can relieve symptoms of anxiety like panic attacks