

# Module 4

## Muscle Relaxation

Is called progressive muscle relaxation and I don't know anyone who actually keeps this up. The proper version of this exercise takes forever, and involves tensing and relaxing each of your muscles individually.

I do actually engage in progressive muscle relaxation, but I do a super quick version. So I'll guide you through that. It takes about a minute.

### How do you actually do this?

**Step 1** – tense all the muscles in your legs at once for 10 seconds.

Don't tense them too much – maybe 70% of the amount you could tense them.

**Step 2** – release all the muscles in your legs for 10 second.

See if you can notice the difference in sensation between your muscles when they're relaxed and when they're tense.

**Step 3** – Repeat steps 1 and 2 for your torso, neck and arms (pulling your shoulder blades together)

**Step 4** – Repeat steps 1 and 2 for the muscles in your face (open your mouth wide like you're yawning). This step feels completely ridiculous, which is why I don't do it around anyone else.

**Step 5** – after you've done that every day or two for a few weeks, you can just begin to notice when your muscles are tight, and relax them without even having to tense them first. I often find my shoulders, jaw and forehead are tense, but this differs for each person.

### How does it work?

We're often out of touch with the feeling of tension in our bodies. This exercise puts you in touch with these feelings of tension, and then helps you to generate feelings of relaxation.

Relaxing your muscles can help with aches and pains, fatigue, headaches and difficulty breathing. I find it can help me sleep, particularly when I do it at the same time as doing slow breathing.