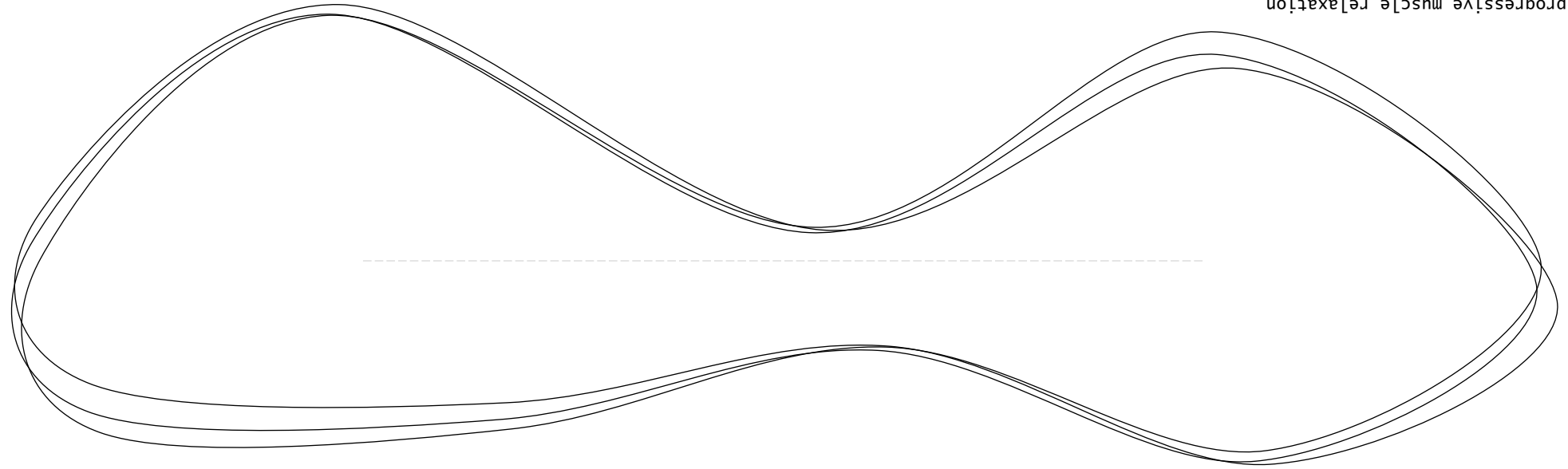


now the important part
when you think you've relaxed
 your arm as much as possible,
 untense it **even more**
 take your time
 notice how relaxation feels
 does your arm feel warm? tingly?
 heavy? tight?
 try tensing and untensing again,
 becoming familiar with these
 sensations

<<<
 really let go
 untense it as much as you can
 slowly release the tension
 in your arm
let the tension go

how to practice
progressive muscle relaxation
 start by tensing your arm
 (not too tight)
 make a fist, bend your elbow,
 curl your bicep
 notice how the tension feels
 really notice it

progressive muscle relaxation
 anxiety includes both emotional
 distress and physical tension
 changing emotions is hard, but
 you can learn how to change the
 physical symptoms of anxiety
 if you can relax your body,
 you will also decrease your
 emotional distress
progressive muscle relaxation is
 a technique used to untense the
 body and decrease anxiety
 anyone can learn it with practice



you got this

now that you know how to do
 progressive muscle relaxation
 with your arms, practice tensing
 and untensing different areas:

- 1) arms and forearms
- 2) forehead and lips
- 3) jaws and tongue
- 4) neck and shoulders
- 5) abdomen and torso
- 6) legs and buttocks

practice at least 15 minutes
 every day for the best results

relax your body
to relax your mind

your body and mind are connected:
 if you can relax your body, you
 will soothe your emotions too

with practice, you will learn to
 notice and reduce the physical
 symptoms of emotional distress
 before anxiety becomes
 overwhelming

progressive muscle relaxation is
 not a cure for the problems which
 cause anxiety, but it can make
 coping with anxiety a
little easier

littlebetterzine.com

things you can do
to feel a little better

#1

relax your body
 to relax your mind