

Ball State Practicum Clinic

Feeling stressed during COVID-19? Try relaxing your mind and body by using progressive muscle relaxation. Follow these simple steps!

FIND a place to get comfortable.

HOLD each muscle tension for 5 seconds.

PAUSE for 10 seconds and breathe deeply in between each muscle tension.

1. Beginning at your feet, clench your toes. Slowly release...
2. Squeeze your thigh muscles and point your toes up towards the sky. Slowly release...
3. Suck in your stomach. Slowly release...
4. Take a deep breath in to tighten your chest. Slowly release...
5. Bring your shoulders up to your ears and tilt your head back. Slowly release...
6. End by squeezing your eyes shut tightly, clenching your teeth together, and scrunching your nose up. Slowly release...