



FOR TEACHERS TO RELAX

Progressive muscle relaxation is a method that helps relieve that tension. In progressive muscle relaxation, you tense a group of muscles as you breathe in, and you relax them as you breathe out. The technique involves alternating tension and relaxation in all of the body's major muscle groups. You work on your muscle groups in a certain order. When your body is physically relaxed, you feel less anxious.

Find a quiet place free from distractions. Lie on the floor or recline in a chair, loosen any tight clothing, and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair. Take a few slow even breaths. Now, focus your attention on the following areas, being careful to leave the rest of your body relaxed.

1. Forehead.



Squeeze the muscles in your forehead, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel and the sensation of relaxation. Continue to release the tension until your forehead feels completely relaxed. Continue breathing slowly and evenly.

2. Neck and shoulders



Increase tension in your neck and shoulders by raising your shoulders up toward your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.