

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Progressive Relaxation

- Get comfortable
- Either sit or lie down and uncross your legs or arms
- Close your eyes if you wish
- Decide what part of your body you are going to tense and relax first
- Take a few deep breaths
- Slowly tense that body part, holding it for 5 seconds
- Slowly relax that body part over the next 30 seconds
- Repeat if you still feel tense
- Continue onto the next area
- Continue throughout your body
- Scan your body to notice if any other area is tense. Relax and tense that area
- Notice the relaxed sensation throughout your body
- Slowly return to your day