

PASSIVE MUSCLE RELAXATION

Passive muscle relaxation techniques guide you to focus on one muscle group at a time. This technique utilizes the power of your mind to **release tension**. It requires only mental activity and allows your body to become increasingly relaxed. It is helpful to practice passive muscle relaxation with mindfulness. Mindfulness may expand the benefits you experience because it helps you develop increasing awareness of where the muscle tension is.

Goal

The goal of passive muscle relaxation is not about “getting rid” of the areas of tension. Instead, it is to allow the tension to release. It may take time for the technique to become effective, so be compassionate and patient with yourself if it doesn’t work right away.

Benefits

Practicing passive muscle relaxation helps release tension throughout your body, which may lead to less muscle pain.

Technique:

1. Begin by bringing awareness to your breathing.
2. Allow your breathing to become slower and smoother.
3. As you breathe, notice areas of muscle tension in your body, and pick one area to focus on.
4. Let yourself slowly breathe into the area of tension.
5. Allow the area of tension to slowly melt away as you breathe in and out.
6. Move to the next area of tension and restart the process.

Common Areas for Muscle Tension

Forehead
Eyes
Jaw
Neck
Shoulders
Upper Back
Lower Back
Hips
Thighs
Calves
Ankles
Feet



More Information

Ripple Scan Meditation: <http://www.youtube.com/watch?v=TQ5TuNoZ8Wk>

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