

# SKILL – Progressive Muscle Relaxation (PMR)



## 1) DESCRIPTION OF THE TOOL

Progressive Muscle Relaxation (PMR) is a technique that involves tensing and then relaxing each muscle group in the body. This method helps in recognizing the physical sensations associated with stress and relaxation.

Time: 15 minutes

## 2) OBJECTIVES OF THE TOOL

- To identify and reduce physical tension associated with stress.
- To increase awareness of physical sensations and stress triggers.
- To improve the ability to relax quickly in stressful situations.
- To promote overall physical and mental relaxation.

## 3) CONNECTION OF THE TOOL WITH THE SKILL

PMR directly enhances stress tolerance by teaching participants how to consciously relax their body and mind, which is essential for managing stress effectively and maintaining mental health, as described in stress management training guidelines.

## 4) RESOURCE MATERIALS

- Comfortable clothing and mats for lying down.
- Guided PMR audio recordings or scripts.
- Quiet, comfortable space large enough for participants to stretch out.

## 5) HOW TO APPLY THE TOOL

- Step 1: Lie down or sit in a comfortable position and close your eyes.
- Step 2: Gradually tense each muscle group for about five seconds and then relax it for 30 seconds, starting from the toes and moving up to the forehead.
- Step 3: Focus on the change in sensations as you relax each muscle group.
- Step 4: Spend extra time on areas that hold more tension.
- Step 5: Conclude the session with several deep breaths, noticing the state of relaxation throughout the body.



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## 6) WHAT TO LEARN

Participants will learn to detect stress-related tension in their bodies and how to alleviate it systematically through relaxation techniques, enhancing their ability to manage stress and improving their overall stress tolerance.



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