

PROGRESSIVE MUSCLE RELAXATION BEFORE & AFTER FEARED SITUATIONS

WORKSHEET

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Progressive muscle relaxation is a technique that involves tensing and relaxing different muscle groups in the body in a specific order. This technique can help people with social anxiety to manage their anxiety and stress levels before and after social situations.

Progressive muscle relaxation can help people with social anxiety in several ways. Firstly, it promotes relaxation by helping the body to relax and release tension, which can reduce anxiety and stress levels. Secondly, it increases self-awareness by focusing on different muscle groups, which can help people recognize when they are feeling tense or anxious. Finally, progressive muscle relaxation can improve sleep and is often used as a sleep aid, which can improve the quality of sleep for people with social anxiety. By practicing progressive muscle relaxation regularly, individuals can learn to manage their anxiety and stress levels more effectively, leading to improved overall well-being.

Here are the steps to practice progressive muscle relaxation:

1. Find a quiet and comfortable place to sit or lie down.
2. Take a few deep breaths and focus on your breath.
3. Starting with your feet, tense the muscles in that area for about five seconds. Then, release the tension and relax the muscles completely.
4. Move on to your calf muscles, thighs, glutes, stomach, back, chest, shoulders, arms, and finally your neck and face, tensing and relaxing each muscle group for five seconds.
5. While you're tensing and relaxing your muscles, focus on the sensation of tension and relaxation in each muscle group.
6. After you have completed the entire sequence, take a few deep breaths and allow yourself to fully relax.

Before a social situation, practice progressive muscle relaxation to help you relax and reduce tension in your body. After a social situation, use the technique to release any tension or anxiety that you may have accumulated during the event. Remember that like any other technique, it may take some time and practice to fully benefit from progressive muscle relaxation. Try to practice it regularly, even when you're not feeling anxious, to help build the habit and get comfortable with the technique. Please note that this information does not substitute medical diagnosis, advice, or treatment.