A PAUSE, A PRACTICE, A NEXT STEP

Progressive Muscle Relaxation

Notice tension. Practice a gentle release.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Get comfortable

Choose a supported position where you can breathe normally. Keep your eyes open if that feels more settling. Take a moment to notice the room.

01 / Notice and reflect

Where do I usually carry tension?

02 / Notice and reflect

Which areas should I skip or adapt?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Stop for pain, dizziness, or worsening distress. Persistent pain, unexplained weakness, or new physical symptoms deserve medical assessment rather than repeated relaxation practice.

Read more: VA Whole Health · Progressive muscle relaxation and progressive relaxation

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.