

Progressive Muscle Relaxation Meditation

Objective

To increase relaxation and reduce symptoms associated anxiety or stress using the Progressive Muscle Relaxation Meditation relaxation technique.

What to Know

This 31-minute audio created by Dartmouth Health Service will help you cope when you are feeling anxious or stressed.

[Click here to listen to this audio.](#)



Progressive Relaxation
Use QR Code to Listen on Your Phone

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you feel anxious or stressed.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

| Day | Time of Day | Minutes | Mood Before Relaxation | Mood After Relaxation |
|-----------|-------------|---------|------------------------|-----------------------|
| Sunday | | | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |