



WORK RIGHT REVIEW

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RELAX WITH BREATHING

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Last week we learned how to do diaphragmatic breathing. Let's continue this theme by learning how to further relax, decrease stress, and improve sleep with Progressive Muscular Relaxation (PMR).

So what is Progressive Muscular Relaxation?

PMR is a relaxation technique that involves sequential contraction of a muscle group followed by immediate relaxation.

Let's Break This Down:

In PMR you are contracting a muscle group or region enough to create tension, but not enough to the extent of discomfort or cramping. You hold this contraction for about 5-10 seconds. Then, it is followed by an immediate relaxation of that region and approximately 15-30 seconds of diaphragmatic or intentional breathing.



Diaphragmatic Breathing Review:

Lay on your back with knees bent or in a comfortable seated position. Place your left hand on your chest and right hand on your belly button.

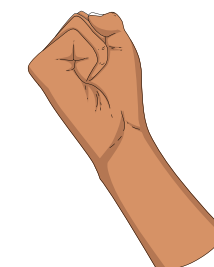
Inhaling through your nose, try to push your right hand toward the sky by expanding your belly. Exhale through your mouth and feel your right-hand lower towards the floor.

Your left hand should be moving significantly less than your right hand throughout these breaths.

Give these a try:

Feet/toes - Curl your toes and point your feet.

Hands - Clench your hands into tight fists.



Core - Tighten the abdominals without lifting back off of the floor.

Face - Contract the face muscles such as your lips, eyebrows, or nose.

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

