

# 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.](#)

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				