

Relaxation Techniques

Relaxation techniques can sometimes help reduce the stress that comes from dealing with chronic conditions like fibromyalgia. Deep breathing exercises and progressive muscle relaxation are two ways to help your body slow down and relax to relieve stress.

Deep breathing exercises can be performed by slowly and deeply breathing in through your nose to a count of five. Then hold the air in your lungs for a count of five and breathe out slowly through your mouth to a count of ten.¹

Progressive muscle relaxation is performed by tightening and then relaxing body parts one at a time. Beginning at your feet, tighten each body part and then relax it, working your way up to your head (or start at your head, working your way down to your feet).¹

Source:

1. Mayo Clinic (2009). Fibromyalgia pain: Options for coping [online]. Retrieved February 7, 2011. From <http://www.mayoclinic.com/health/fibromyalgia-pain/AR00055>.



Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating