



# JACOBSON'S BRIEF MUSCLE RELAXATION

## TECHNIQUE AGAINST ANXIETY AND STRESS



### 1 Place yourself in a comfortable position: **SITTING**

Leave your mind in blank  
A calm environment will also help

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### 2 Tighten the muscles of the **FOREHEAD**

To achieve this, rise your eyebrows for six seconds.  
Next, relax your forehead for 15 seconds and focus  
in the sensation of relaxation

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### 3 Tense the **EYES** and **NOSE AREA**

Tighten the eyelids and wrinkle the nose for six  
seconds and release the tension for 15 seconds. Feel  
what happens

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### 4 Tighten the muscles of the **MOUTH**

Next, you have to grit your teeth, lips and tongue  
against the palate for six additional seconds and  
relax for 15 seconds

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### 5 Tighten your neck **NECK MUSCLES**

Grit your teeth, lips and tongue against the palate  
for six additional seconds and relax for 15 seconds

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### 6 REPEAT THE PROCESS AS MANY TIMES AS YOU NEED TO DO SO

Remember you can accompany this exercise with breathing  
techniques

It is important to **be patient** and if relaxation is not achieved the first  
time, it's a matter of **practice**