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Action KA210-ADU - Small-scale partnerships in adult education

THRIVE 50+



Project title:
**Total Health Resources for
Improving Vitality and Endurance
50+ ("THRIVE50+")**

Project No.: 2023-2-R001-KA210-ADU-000184831

Set of materials for the workshop

**Workshop Title: Progressive
Muscle Relaxation: Techniques for
Tension Relaxation.**





Facilitator guide

BASIC INFORMATION

Progressive muscle relaxation is a method of deep muscle relaxation that does not involve any medication. PMR aims to teach the individual what it feels like to relax the muscles. People aged 50+ turn to get tired easily as regularly doing muscle relaxation exercise will be of great benefit to their health. During this workshop participants will be taught different muscles relaxation techniques and how to incorporate PMR in their daily routine.

TARGET GROUP NEEDS

People over 50 often face unique challenges, such as health changes, retirement, or personal life reorganization. These changes may contribute to stress and influence overall mental health. The workshop was created to address these needs, offering support in the form of workshops that help participants better cope with these challenges.

DURATION

A 2 hour duration has been chosen to ensure that participants have sufficient time to learn and practice progressive muscle relaxation without being too tired. This length allows for a comprehensive introduction to the topic, practical exercises, and a Q&A session, all while keeping participants engaged.

NUMBER OF PARTICIPANTS

The optimal number of participants is set at 2-15 to allow for personalized attention and interaction. This size gives a supportive environment where participants feel comfortable sharing their experiences and can have enough room for exercise.

EDUCATIONAL OBJECTIVES

- Understanding progressive muscle relaxation (PMR).
- Step-by-step guide to PMR.





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- Practicing PMR in everyday situations.

TECHNICAL AND EQUIPMENT REQUIREMENTS

- Projector to show different relaxation exercises.
- Quite clean and comfortable room
- Soft background music.

MATERIALS

- Comfortable seating or mats for participants.
- Soft background music (optional, instrumental or natural sounds).
- A timer or stopwatch.
- Printed handouts with PMR exercises (optional).
- A quiet room with dim lighting to create a calming environment.

METHODS AND TECHNIQUES

- Use a calm, soothing tone throughout the session.
- Be patient and allow participants ample time to tense and release each muscle group.
- Adapt instructions for participants with limited mobility or physical constraints by suggesting visualizing the tension and release process.
- Monitor participants to ensure they are comfortable and relaxed.
- Encourage a sense of empowerment by focusing on what participants *can* control.
- Be culturally sensitive and avoid making assumptions about participants' experiences.

Curriculum

1) Welcome and Introduction (15 minutes)

Activities: Briefly introduce yourself and ask participants to share their name and one word that describes how they are feeling.

- Set a welcoming tone and encourage open participation.

slide 1: workshop title slide

Slide 2: Share the objectives of the workshop

What is PMR?:





Slide 3: Introduction to PMR

- Explain that PMR is a stress management technique that involves tensing and relaxing different muscle groups in the body.

Slide 4: Highlight the benefits of PMR, including reduced muscle tension, improved sleep, and enhanced stress management.

2. Warm-Up and Preparation (15 minutes)

Slide 5. Guided Breathing Exercise:

- o Lead participants through a brief deep breathing exercise to prepare for PMR.
- o Instruct them to breathe in deeply through the nose, hold for 3-4 seconds, and exhale slowly through the mouth.

Slide 6: Body Awareness Check-In:

- o Ask participants to close their eyes (if comfortable) and mentally scan their bodies for areas of tension.

3. Step-by-Step Guide to PMR (40 minutes)

1. Prepare the Setting:

- o Ensure participants are seated or lying comfortably.
- o Encourage them to close their eyes if they are comfortable and focus on their breath.

slide 7: Guided PMR Exercise:

- o Explain the process: Each muscle group will be tensed for about 5-10 seconds and then released for 15-20 seconds.
- o Progress through the following muscle groups:
 1. **Feet:** Curl toes tightly, hold, and release.
 2. **Legs:** Tense calves, hold, and release.
 3. **Thighs:** Squeeze thighs, hold, and release.
 4. **Abdomen:** Tighten stomach muscles, hold, and release.
 5. **Hands:** Clench fists tightly, hold, and release.
 6. **Arms:** Flex biceps, hold, and release.
 7. **Shoulders:** Shrug shoulders to the ears, hold, and release.
 8. **Neck:** Gently tilt the head back and hold, then return to neutral and relax.
 9. **Face:** Scrunch facial muscles (forehead, eyes, jaw), hold, and release.

Pause and Reflect:

- o After each muscle group, guide participants to notice the sensations of tension and release.
- o Use soothing language to encourage mindfulness, e.g., "Feel the warmth and heaviness spreading as the tension melts away."

Slide 8: Full-Body Relaxation:

- o After completing all groups, guide participants to focus on their entire body feeling calm and relaxed.





- o Encourage deep breathing to deepen the relaxation.

Slide 9: Practicing PMR in Everyday Situations (30 minutes)

1. Identifying Opportunities for PMR:

Discuss how to integrate PMR into daily routines:

- **Morning:** Use PMR to start the day feeling relaxed and energized.
- **During Stress:** Take 5-10 minutes to practice PMR when feeling overwhelmed.
- **Before Bed:** Use PMR to unwind and improve sleep quality.

2. Adapting PMR to Time Constraints:

- o Teach "mini-PMR": Focus on just 2-3 muscle groups (e.g., shoulders, hands, face) when time is limited.
- o Practice quick tension-release techniques for common stress areas (e.g., shoulders and neck during work breaks).

3. Practical Scenarios:

- o Role-play or discuss how PMR can be applied:
 - During long waits or travel (e.g., tensing and relaxing legs and feet).
 - After physical activity to cool down.
 - Before a stressful event like a doctor's appointment.

4. Personalized Application:

- o Ask participants to identify specific times in their day when they can practice PMR.
- o Encourage them to set reminders or associate PMR with daily habits (e.g., after brushing teeth or during TV commercials).

5. slide 10: Reflection and Feedback (20 minutes)

Guided Reflection:

- o Ask participants how they felt during the PMR exercise.
- o Encourage them to share their experiences of identifying and releasing tension.

slide 8: Q&A Session:

- o Address any questions or concerns.
- o Offer tips for overcoming challenges, such as difficulty focusing or discomfort during the exercise.

Feedback:

- o Collect feedback on the session to refine future workshops.

