

AMR helps release physical tension, which often accompanies anxiety and stress. Works well combined with box breathing.

How to do it:

- Find a quiet, comfortable place to sit or lie down.
- Starting with your **feet**, gently tense the muscles for 5–10 seconds. You should feel tension, but not pain.
- Release the tension suddenly and completely. Notice the difference between tension and relaxation.
- Move upward through each muscle group: **calves** → **thighs** → **buttocks** → **stomach** → **chest** → **hands** → **arms** → **shoulders** → **neck** → **face**.
- Breathe slowly and focus on the sensation of relaxation as you release each group.

Tips:

- Don't tense your muscles too hard — gentle tension only.
- Focus on the contrast between tension and relaxation.
- It's common not to feel much on your first few attempts. Keep practising.

COMBINING BOTH TECHNIQUES

These techniques work well together. Start with a few minutes of box breathing to calm your mind, move on to AMR to release physical tension, then finish with a few more minutes of box breathing.

When to use these techniques

- Before or during a needle procedure
- When you feel anxious or stressed
- Before going to sleep
- Anytime you need a moment of calm

Remember: Practice makes perfect. Be patient with yourself — these techniques become more effective over time. If you are experiencing severe anxiety, please speak with a healthcare professional.