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### Wellness Through Progressive Muscle Relaxation for Healthcare Workers

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# Wellness Through Progressive Muscle Relaxation for Healthcare Workers

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## Introduction

Baystate Health nurses enrolled in the BirchTree Center for Healthcare Transformation wanted to implement a quick and simple method for staff to promote self-care and resiliency at work and at home. Progressive Muscle Relaxation (PMR) is a relaxation technique involving the tightening and relaxation of muscle groups, one at a time, in a specific order. PMR promotes multiple benefits of both psychological and physiological states of relaxation. Evidence has demonstrated that using PMR supports:

- Mindfulness
- Pain Control
- Reduces Stress & Anxiety
- Improves Quality of Sleep
- Improves Mood

## Methodology

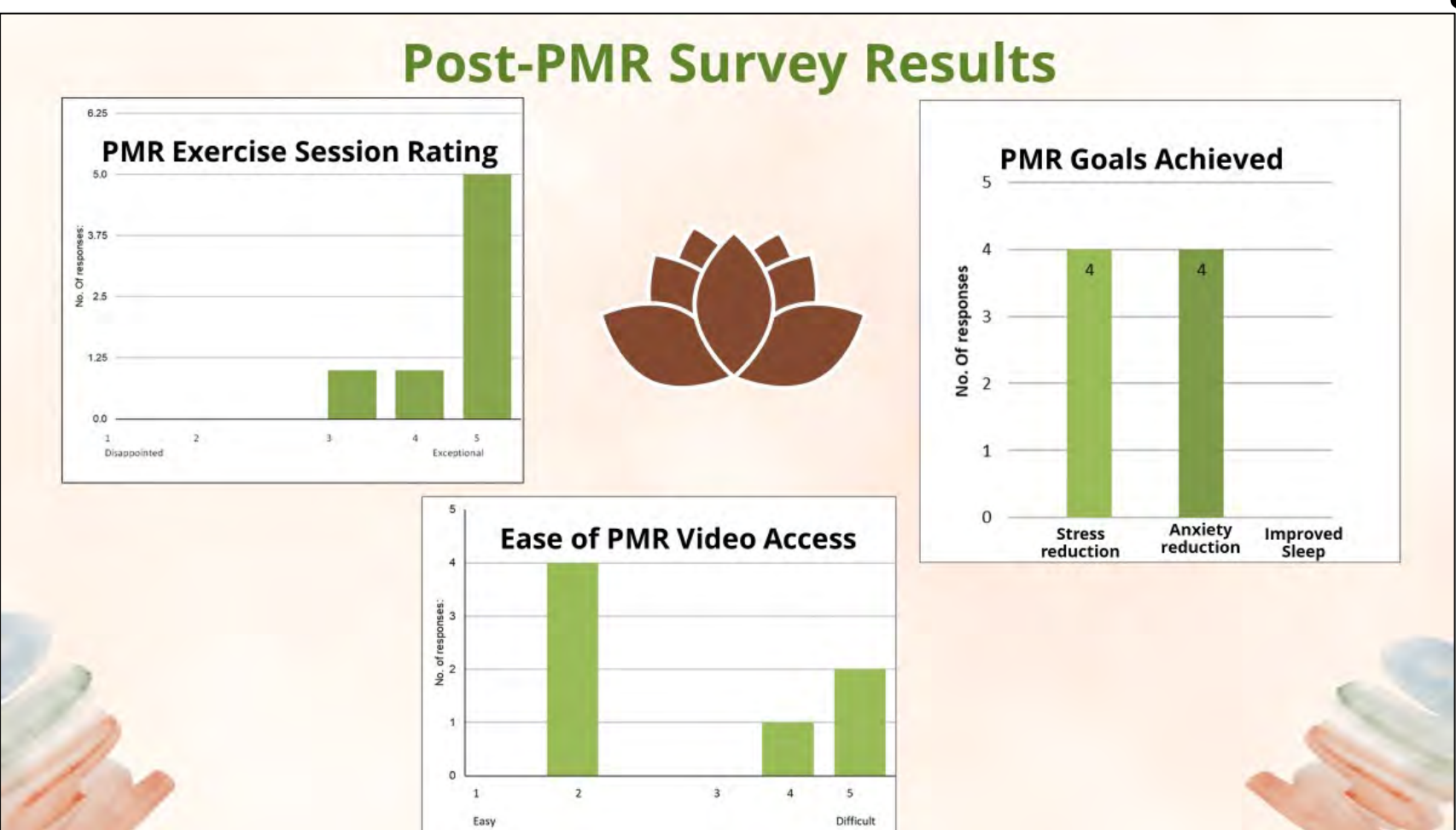
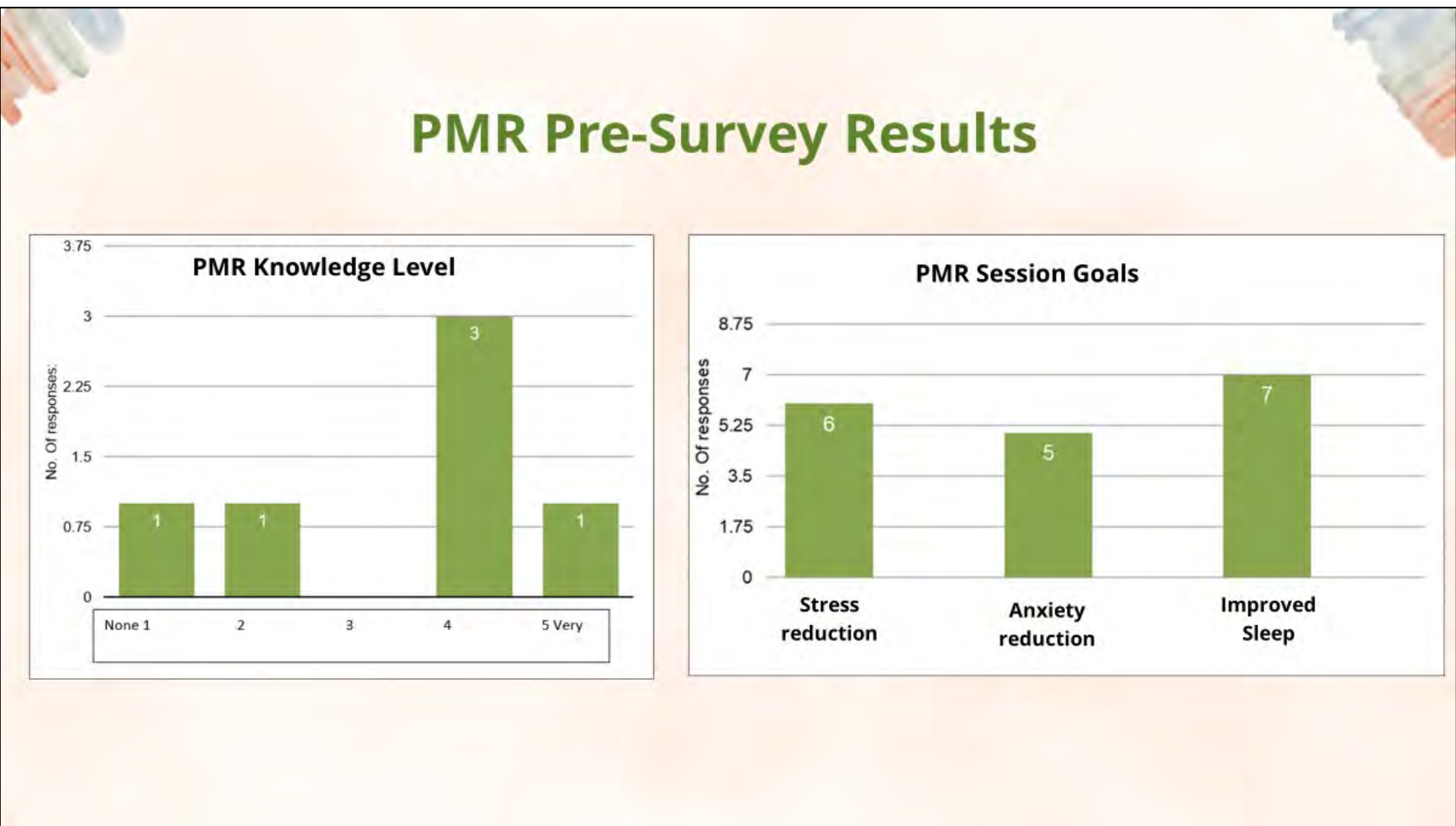
The project involved nurses developing a group learning session for a multi-disciplinary team of individuals that support an Adult Partial Hospitalization Program at Baystate Medical Center. Participants were invited to a training via ZOOM. The training was conducted by one of the study leaders. Participants were encouraged to complete a pre and post survey of a Likert Scale format that focused on their knowledge base of PMR, their likelihood of participating in the project and their end-goals for the training.

Participants were given a QR Code with a link to view a 7-minute training video with audio on the PMR method and invited to attend a group ZOOM PMR session. Participants also received written materials and a live demonstration of the PMR techniques.

## Findings

The participants pre-survey end-goals identified were stress & anxiety reduction and improved sleep.

The post-survey identified the ease of using the training video, the personal experience of learning the PMR methods and the impact of the decreasing stress & anxiety as well as an improvement in sleep quality.



## References

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## Conclusions

The PMR Project concluded that participants:

- Appreciated the short easy-to-understand training exercises
- Discovered the flexibility of the virtual learning platform helpful
- Implemented new ways of incorporating stress relief into their day at work or at home
- Identified that stress related to staffing is an on-going issue for all healthcare providers



QR Code link to 7-minute Progressive Muscle Relaxation Video



Video Link  
7 Minute Progressive Muscle Relaxation - YouTube

### Progressive Muscle Relaxation (PMR)

**What is PMR?**  
PMR is a relaxation technique involving the tightening and relaxation of muscle groups, one at a time, in a specific order.

**How can I benefit from PMR?**  
PMR has been reported to encourage mindfulness, which may help manage pain, stress and anxiety or improve sleep and mood.

**Can anyone utilize PMR?**  
PMR is appropriate for everyone despite physical limitations. People with history of muscle spasms or ongoing pain related to an injury should consult their Medical Doctor before starting PMR therapy.