

PROGRESSIVE MUSCLE RELAXATION

Directions: Close your eyes or find something in the room to focus your gaze on. Relax your whole body, allowing it to feel heavy. Take a deep breath in. Hold it for one second. Let it out slowly. Continue taking deep breaths in and out. Imagine the tension leaving your body each time you breathe out. You may pick any of the following muscles to use during your progressive muscle relaxation. Begin when you are ready:

- 1. Clench your right fist tightly.** Clench for 5 seconds. Notice the tightness. Now slowly let go and relax your fist. Feel the difference as your hand becomes loose. Now, clench your left fist tightly. Clench for 5 seconds. Notice the tightness. Slowly let go and relax your fist. Feel the difference as your hand becomes loose.
- 2. Press your right arm in towards your ribs.** Hold for 5 seconds. Notice the tightness. Now slowly let go and relax your arm. Feel the difference as your arm becomes loose. Now, press your left arm in towards your ribs. Hold for 5 seconds. Notice the tightness. Slowly let go and relax your arm. Feel the difference as your arm becomes loose.
- 3. Bring both shoulders towards your ears.** Hold for 5 seconds. Notice the tightness. Slowly relax your shoulders. Feel the difference as your shoulders become loose.
- 4. Clench your teeth together and press your tongue to the roof of your mouth.** Hold for 5 seconds. Notice the tension. Now slowly relax your jaw and tongue. Feel the difference as your mouth begins to loosen.
- 5. Lower your eyebrows and wrinkle your forehead as much as you can.** Hold for 5 seconds. Notice the tension in your forehead. Now slowly relax the muscles. Feel the difference as your eyebrows and forehead loosen.
- 6. Pull your stomach inward.** Hold for 5 seconds. Notice the tightness in your stomach. Now slowly relax the muscle. Feel the difference as your stomach.
- 7. Press your right leg downwards.** Hold for 5 seconds. Notice the tightness. Now slowly let go and relax your leg. Feel the difference as your leg becomes loose. Now, press your left leg downwards. Hold for 5 seconds. Notice the tightness. Slowly let go and relax your leg. Feel the difference as your leg becomes loose.
- 8. Point your right toes and stretch your foot.** Hold for 5 seconds. Notice the tension. Slowly relax your foot. Notice the difference in looseness. Now, point your left toes and stretch your foot. Hold for 5 seconds. Notice the tension. Slowly relax your foot. Notice the difference in looseness.

As you finish, take a few deep breaths in and let them out slowly. Open your eyes when you are ready. Get up, walk around, and/or stretch to release any remaining feelings of tension.

Adapted from: http://www.aboutkidshealth.ca/En/Documents/Progressive_Muscle_Relaxation_Script_EN.pdf