



Progressive Muscle Relaxation

You may choose to practice either laying down or sitting in a comfortable chair.

Begin by focusing attention on your forehead, noticing what it feels like. Then consciously tighten the muscles of your forehead for about five seconds. Lifting the eyebrows as high as possible. You are holding the forehead muscles as tight as you can but not to the point of causing any pain. Then, let go of the tension and take a deep breath in and out. One more time: tighten the muscles of the forehead, tight, tight, tight, lifting the eyebrows high, holding the forehead muscles tight, and let them go. Taking a deep breath, in and out.

Next, move to your eyes. Closing and tightening the muscles around your eyes, squeezing them tight, holding them tight, then releasing, and breathing deeply. Again, squeeze the eyes tight, tight, tight, hold them tight, squeeze, and release. Taking a deep breath, in and out.

Next, focus on your jaw. Bite down and pull the corners of your mouth down, hold them, hold the jaw tight, and relax. Breathing in and out. Again, tighten the jaw, bite down, pull the corners of your mouth down, hold it tight, and relax. Breathing in breathing out.

Moving now to your neck, imagine you are holding a golf ball between your chin and your chest. Pulling your chin down towards your back, chest, and shoulders. For the first time, pull both shoulders up and back. Hold it tight, squeeze the neck, squeeze the shoulders, and release them. Taking a deep breath. Once more, bring the chin down towards your chest, squeeze the shoulders, squeeze the neck, tight, tight, tight, tight, tight, tight, bring your shoulders up and forward, squeeze them harder, squeeze, and let go. Breathing deeply, in and out.

Moving now to the hands and arms, make a tight fist, squeeze the arm muscles tight, hold them, tight, tight, tight, tight, tight, and release. Once more make a tight fist, squeeze the arm muscles, tight, tight, tight, tight, squeeze, and release. Breathing in, breathing out.

Focusing now on the abdomen, pull the stomach in tightly and hold it squeezing tightly and release. This time, push the abdomen out, push, push, push, push, push, push, and release. Breathing in, breathing out.

Focusing now on the buttocks. Squeeze the buttocks tight, squeeze, tight, tight, tight, and release. Deeply breathing. Once more, squeeze the buttocks, tight, tight, tight, tight, and let go. Breathing in and out.



Focusing the attention on the legs all the way from the hips down to the feet. Squeeze the leg muscles tight, tight, tight, tight, tight, tight, push the heels out and the toes towards your head hold the legs tight, and release. Once more, squeeze the muscles of the legs tight, this time pushing the toes away from you and the heels toward you, squeeze, squeeze, squeeze, and let go. Breathing deeply.

And now focusing on the entire body, squeeze the entire body tight, make a face, squeeze the arms, the abdomen, the legs, the entire body, hold, hold, and let go. One more time, squeezing the face, the neck, the shoulders, the arms, the abdomen, the legs, the feet, tight, tight, tight, tight, tight, hold it, hold the body, and let go. Breathing in and out for ten breaths.

Allowing the body to melt into the support that is holding it, the chair or the floor. Allowing the muscles to let go to be held and supported as you breathe in and out.

As you are ready, you may become more aware of the room around you. Gently wiggling fingers and toes and opening the eyes as you return to your day.