Progressive Muscle Relaxation Script

PROGRESSIVE MUSCLE RELAXATION SCRIPT

Progressive Muscle Relaxation (PMR) is an effective method of reducing stress and tension. By gradually tensing and releasing muscles throughout your body, you can relax in as little as 15 minutes.

Instructions: Start by sitting or lying down in a comfortable position. Take some deep relaxing breaths and become aware of your body, paying attention to how it feels. (pause for 5 seconds)Slowly release your breath and feel the tension feel your body.Take another deep breath and hold it. (pause for 5 seconds)Release your breath and imagine all your tension easing.Once you feel relaxed, work through each muscle group systematically, starting with the feet. Tense your feet by curling your toes and the arches of your feet. (pause for 5 seconds)Release and notice the feeling of relaxation.Once you are ready for the next step, focus on your lower legs. Start by tensing your calves' muscles, and pay attention to how they feel. (pause for 5 seconds)Remember to take deep breaths during the process.Release the tension.Next, focus on your upper legs and pelvis.Squeeze your thighs together.Once your thighs are tensed, it is essential to maintain the tension without straining them (pause for 5 seconds)Engage in slowly and steady breathing while holding the tension.Slowly breathe out the air, feeling it leave your lungs.Once your upper legs and pelvis are relaxed, it is time to focus on the shoulders.Begin by bringing your shoulders up towards your ears. Hold the tension for a few seconds. (pause for 5 seconds)Slowly release the tension, noticing how your body feels more relaxed.Move to up neck and head.Distort the muscles around your eyes and mouth. (pause for 5 seconds)Release the tension.And again, feel your muscles relax.Lastly, tense your entire body by pulling your feet, legs, arms, stomach, shoulders, and neck.Remember not to tense too hard - just enough that you feel your muscles contract but don't strain them. (pause for 5 seconds)Now, slowly release the tension and let your body feel limp. Pay attention to the feeling of relaxation.Wake up your muscles by moving slowly and stretching.