

PROGRESSIVE MUSCLE RELAXATION INSTRUCTIONS

Get comfortable, and be in a relaxing place.

Remember to breathe deep, moving your stomach and not your chest.

Each muscle group is tensed for 10 seconds and relaxed for 20 seconds.

Focus on the feelings in the muscles, both of tension and relaxation, warmth, fatigue and pleasure.

1. Arms
 - a. Clench your hands into fists, bending your fists forward toward your elbows. Hold for about 10 seconds, relax and notice the difference in sensations for about 20 seconds.
 - b. Flex your biceps by pulling your fists up toward your shoulders, kind of like a weight lifter pose. Hold and then relax.
 - c. Tense your muscles in the back of your arms by extending your arms down to your sides, and pushing them in against your body and back. Hold and then relax.
2. Legs
 - a. Flex your lower legs by pulling your toes up and toward your shins, Hold and then relax.
 - b. Tense your upper legs by pulling your knees together and up, raising your legs off the seat. Hold and then relax.
3. Midsection
 - a. Tighten your stomach muscles by pulling your stomach in, imagine you are trying to touch your spine, Hold and then relax.
 - b. Tighten your chest by taking a deep breathe, expanding your chest, Hold and then relax.
4. Shoulders
 - a. Raise your shoulders up toward your ears. Hold and then relax.
 - b. Push your chin down into your chest and your head back against the head rest (only if there is a head rest, otherwise just push your chin against your chest. Hold and then relax.
5. Head
 - a. Grimace, pulling your lips back against your teeth, Hold and then relax.
 - b. Squint your eyes, Hold and then relax.
 - c. Lower your eyebrows like a frown. Hold and then relax.
 - d. Raise your eyebrows, wrinkling your forehead, Hold and then relax.
6. After completing the exercise, spend time (about 5-10 minutes) using deep slow breathes and thinking about a relaxing image, place or event.