

STEPS FOR PROGRESSIVE MUSCLE RELAXATION

1

Get Comfy

FIND A COMFORTABLE CHAIR TO SIT IN WITH YOUR FEET ON THE GROUND. YOU CAN CLOSE YOUR EYES IF YOU WOULD LIKE.



2

Hands & Arms

BREATHE IN.
PRETEND YOU HAVE TWO LEMONS IN YOUR HANDS,
SQUEEZE LEMONS.
HOLD FOR 5 SECONDS.
BREATHE OUT.
RELAX YOUR HANDS.
REPEAT.



NOTICE HOW YOUR MUSCLES FEEL WHEN THEY ARE RELAXED.

3

Arms & Shoulders

BREATHE IN.
PRETEND YOU ARE A CAT, REACH UP HIGH TOWARD THE SKY
STRETCH YOUR ARMS UP LIKE A CAT.
HOLD FOR 5 SECONDS.
BREATHE OUT.
RELAX YOUR ARMS.
REPEAT.



NOTICE HOW HEAVY AND RELAXED YOUR ARMS AND SHOULDERS NOW FEEL.

4

Shoulders & Neck

BREATHE IN.
PRETEND YOU ARE A TURTLE, TUCK YOUR NECK INTO YOUR
SHELL BY PULLING YOUR SHOULDERS UP TOWARD YOUR EARS
AND HIDE YOUR HEAD IN YOUR SHELL.
HOLD FOR 5 SECONDS.
BREATHE OUT.
RELAX YOUR SHOULDERS.
REPEAT.



FEEL THE TENSION LEAVE YOUR SHOULDERS.

5

Jaw

BREATHE IN.
 PRETEND YOU ARE EATING A HARD PEICE OF CANDY,
 SQUEEZE YOUR JAW BY BITING DOWN HARD.
 HOLD FOR 5 SECONDS.
 BREATHE OUT.
 RELAX YOUR JAW.
 REPEAT.



NOTICE HOW RELAXED YOUR JAW FEELS.

6

Face & Nose

BREATHE IN.
 PRETEND THERE IS A BUTTERFLY, WHO LANDED ON YOUR NOSE.
 TRY TO GET THEM TO MOVE OFF WITHOUT USING YOUR HANDS.
 WRINKLE YOUR NOSE.
 HOLD FOR 5 SECONDS.
 BREATHE OUT.
 RELAX YOUR NOSE.
 REPEAT.

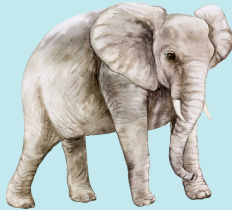


NOTICE HOW RELAXED YOUR FACE AND NOSE FEEL.

7

Stomach

BREATHE IN.
 PRETEND AN ELEPHANT IS GOING TO STEP ON YOUR
 STOMACH, TIGHTEN YOUR STOMACH MUSCLES BEFORE
 THEY STEP ON YOU.
 HOLD FOR 5 SECONDS.
 BREATHE OUT.
 RELAX YOUR STOMACH MUSCLES.
 REPEAT.



NOTICE HOW YOUR STOMACH FEELS WHEN IT IS RELAXED.

8

Legs & Feet

BREATHE IN.
 PRETEND IT HAS JUST RAINED AND YOU ARE STANDING
 BAREFOOT IN A BIG MUD PUDDLE.
 SQUISH YOUR TOES DEEP INTO THE MUD.
 HOLD FOR 5 SECONDS.
 BREATHE OUT.
 RELAX YOUR TOES AND FEET.
 REPEAT.



FEEL THE TENSION LEAVE YOUR LEGS AND FEET.

9

Whole Body

BREATHE IN.
 TIGHTEN ALL THE MUSCLES IN YOUR BODY YOU JUST
 TIGHTENED: FEET, LEGS, BELLY, HANDS, ARMS,
 SHOULDERS, NECK, JAW, FACE AND SQUEEZE.
 HOLD FOR 5 SECONDS.
 BREATHE OUT.
 RELAX YOUR BODY.
 REPEAT.



NOTICE HOW RELAXED ALL YOUR MUSCLES NOW FEEL.

10

All Finished!

TAKE 5 DEEP BREATHS.

NOW NOTICE HOW RELAXED YOUR WHOLE BODY FEELS.
 SOMETIMES YOU HAVE TO MAKE YOURSELF TIGHTER BEFORE
 YOU CAN BE RELAXED, JUST AS WE DID IN THESE EXERCISES.

NOW THAT YOU KNOW HOW THIS WORKS, WHAT ARE SOME
 TIMES YOU MAY USE PROGRESSIVE MUSCLE RELAXATION?

PRACTICE THESE EXERCISES EVERYDAY TO GET MORE AND
 MORE RELAXED.