



Progressive Muscle Relaxation Script

Go ahead and relax your body into a comfortable position. Let all of your muscles go loose and heavy.

Close your eyes and we are going to take three deep, slow breaths. Breathe in slowly through your nose like you are smelling a rose, focusing on the air as it fills up your lungs. Now breathe out slowly like you are blowing through a straw, noticing how your breath feels as it moves through your mouth.

Let's do that again, breathe in slowly through your nose, and out through your mouth. Notice the feelings of air passing in and out of your body. Pay attention to your nose . . . your mouth . . . your lungs.

Now we are going to begin to focus on specific muscles. I want you to clench your feet as tight as you can hold it. Like you are squeezing your feet in sand on the beach. Notice how the tightness feels in your feet as you clench them. Hold it while I count down from 5 . . . 4, 3, 2, 1. Relax your feet. Pay attention to how they feel. The warm, relaxing feelings that fill your feet.

Now clench your legs as tight as you can squeeze them. Pushing them into the ground. Notice how they feel as you squeeze. while I count down from 5 . . . 4, 3, 2, 1. Now relax your legs. Pay attention to the warmth that flows through your legs, the stillness that they feel.

Now squeeze your stomach as tight as you can, like you are getting ready for someone to step on it. Notice how that tightness feels around your stomach. Hold it tight as I count down from 5 . . . 4, 3, 2, 1. Now release that tightness in your stomach. Pay attention to the feeling of calmness and relaxation that rushes over you.

Now let's move on to your shoulders. Hunch them over and squeeze. Notice the tightness you feel in your shoulders, your back, your neck. Hold it there and squeeze while I count . . . 5, 4, 3, 2, 1. Release your shoulders and pay attention to how they feel. The warmth and calmness that you feel rush over your shoulders, your neck, your back.

Now clench your arms as tight as you can squeeze them. Notice how they feel as you squeeze while I count down from 5 . . . 4, 3, 2, 1. Now relax your arms. Pay attention to the warmth that flows through your arms, the stillness you feel.

Now let's move on to your hands. Squeeze your hands into fists. Pay attention to where you feel the tightness when you squeeze your hands into fists. Squeeze them as tight as

you can . . . squeeze, squeeze, squeeze while I count down . . . 5, 4, 3, 2, 1. And relax. Let the tightness go and allow the calmness to flow into your hands. Notice how that feels.

Now clench your jaw tight. Bite down and squeeze your jaws. Notice the tightness in your jaw. Now hold it while I count . . . 5, 4, 3, 2, 1, relax. Let that tightness go and notice the warmth you feel in your mouth, in your jaws.

Now squeeze your eyes shut. Tighten your forehead and let your eyebrows wrinkle. Hold that tightness in your face. Notice that parts of your face that are squeezing tight while I count . . . 5, 4, 3, 2, 1. Now relax your face. Loosen your forehead and eyebrows, let your eyelids relax. Notice the looseness and calmness in your face.

Now, we are going to tight our whole body. Squish your toes in the sand, squeeze your legs, tighten your stomach, and arms, clench your fists and jaw, and squeeze your eyes shut and wrinkle your eyebrows. Notice how tight your body feels. What parts are squeezing hardest. Where you do feel the tightness. Hold while I could down from 5 . . . 4, 3, 2, 1. Now relax your whole body. Let the warmth flow through all of your muscles. Just relax and sit in the calmness, the stillness. Notice how heavy your body feels, how loose your muscles are. Breathe in . . . breathe out . . . breathe in . . . breathe out.

Sample debriefing questions:

- How do you feel after doing this activity?
- How did your body feel before? After?
- What were your expectations about this activity? Did it turn out how you expected?
- Was this easy for you? Difficult for you?