

Progressive Muscle Relaxation

Take a deep breath in... and let it all out. Take another deep breath and exhale any tension or stress you feel in your body.

Now, tightly, but without straining, clench your right fist and hold this position for about 5 seconds... and release.

Breathe in, breathe out

Now, feel the tension in your right forearm and hand. Feel that buildup of tension. You may even visualize that set of muscles tightening.

Hold for about 5 seconds... and release, enjoying that feeling of looseness.

Breathe in... and breathe out...

Now, feel the tension in your entire right arm. Feel that buildup of tension. Tense your entire right arm.

Hold for about 5 seconds, and release.

Breathe in, breathe out

Now lift your shoulders up as if they could touch your ears. Hold for about 5 seconds, and quickly release, feeling their heaviness.

Let go of all the stress...

Now, tightly, but without straining, clench your left fist and hold this position for about 5 seconds... and release.

Breathe in, breathe out

Now, feel the tension in your left forearm and hand. Feel that buildup of tension. You may even visualize that set of muscles tightening.

Hold for about 5 seconds... and release, enjoying that feeling of limpness.

Breathe in... and breathe out...

Now, feel the tension in your entire left arm. Feel that buildup of tension. Tense your entire left arm, feeling the tension.

Hold for about 5 seconds, and release.

Breathe in, breathe out

Now lift your shoulders up as if they could touch your ears. Hold for about 5 seconds, and quickly release, feeling their heaviness.

Breathe in, breathe out

Tense your upper back by pulling your shoulders back trying to make your shoulder blades touch. Hold for about 5 seconds, and release.

Breathe in, breathe out

Tighten your chest by taking a deep breath in, hold for about 5 seconds, and exhale, blowing out all the tension.

Breathe in, breathe out

Gently arch your lower back. Hold for about 5 seconds... and relax.

Breathe in, breathe out

Feel the limpness in your upper body letting go of the tension and stress, hold for about 5 seconds, and relax.

Breathe in, breathe out

Feel the tension in your entire right leg and thigh. Hold for about 5 seconds... and relax. Feel the tension melting away from your leg.

Breathe in, breathe out

Now flex your right foot, pulling your toes towards you and feeling the tension in your calves. Hold for about 5 seconds... and relax, feel the weight of your legs sinking down.

Breathe in, breathe out.

Feel the tension in your entire left leg and thigh. Hold for about 5 seconds... and relax. Feel the tension melting away from your leg.

Breathe in, breathe out

Now flex your left foot, pulling your toes towards you and feeling the tension in your calves. Hold for about 5 seconds... and relax, feel the weight of both of your legs sinking down.

Breathe in, breathe out

Curl your toes under tensing your feet. Hold for about 5 seconds, and release.

Breathe in, breathe out

Now imagine a wave of relaxation slowly spreading through your body beginning at your head and going all the way down to your feet. Each wave feels warm and comforting. Your body is completely relaxed.

As you exhale, imagine the tension in your body being released and flowing out of your body.

And again inhale... and exhale.