

Progressive Relaxation

Sit comfortably in your chair and rest your feet on the floor. Now close your eyes. Breathe. Slowly and deeply. You can use one word or phrase as a mantra, if you like, it can help quiet your mind.

Now you will begin to give yourself permission to relax.

Start by thinking about the top of your head and give it permission to relax.

Now, relax your forehead. All the while you are breathing ***slowly*** and ***deeply***.

Now, relax your eyebrows and your eyes.

Relax your cheeks and your nose.

Relax your mouth; swallow and relax your throat.

Now relax your jaw.

Now relax your neck.

Now scan your head and neck and see if you are holding on to tension anywhere; if so, breathe into that place and give yourself permission to let go.

Now relax your shoulders and your upper arms; your elbows and your lower arms.

Continue breathing ***slowly*** and ***deeply***.

Now relax your wrists and your hands.

Now relax your chest, your abdomen; your hips and pelvic area.

Now, scan your entire upper body and see if you are hanging on to tension anywhere; breathe in to those places and allow them to relax.

Now relax your thighs, your knees, your shins and calves.

Now relax your ankles and feet and let any remaining tension flow out of your toes into the floor.

Scan your entire body for any tense spots and breathe deeply into those places.

Now your entire body is ***completely*** relaxed.

Continue to breathe ***slowly*** and ***deeply***.

Enjoy this feeling for as long as needed.