Progressive Muscle Relaxation

Use this script as a tool to practice progressive muscle relaxation. This exercise can help reduce feelings of stress. Read the script out loud or quietly to yourself.

Sit or lie in a comfortable position.

Take several deep breaths.

In, 1, 2, 3, out 1, 2, 3.

If you want, you can close your eyes. Relax. Breathe in through your nose and out through your nose.

In 1, 2, 3, out 1, 2, 3. In 1, 2, 3, out 1, 2, 3.

When you breathe in, bring the air all the way down into your abdomen.

In 1, 2, 3, out 1, 2, 3.

Notice your breathing.

In 1, 2, 3, out 1, 2, 3.

Keep breathing in slowly and breathing out slowly.

Think about your feet and toes. Squeeze your toes and feet really tight.

Count to 5. 1, 2, 3, 4, 5.

Relax your feet. Do this two more times. ❶ ❷

Feel your feet relaxing.

Think about your legs. Straighten your legs, flexing your knees and all the muscles in your legs. Your calves, your thighs. Squeeze.

Count to 5. 1, 2, 3, 4, 5.

Relax your legs. Do this two more times. ❶ ❷

Feel the muscles in your knees and legs relaxing.

Think about your stomach. Tense up the muscles in your stomach like you are doing an abdominal crunch. Squeeze.

Count to 5. 1, 2, 3, 4, 5.

Relax your stomach. Do this two more times. ❶ ❷

Feel your stomach muscles relaxing.

Think about your hands. Make tight fists. Squeeze.

Count to 5. 1, 2, 3, 4, 5.

Relax your hands. Do this two more times. ❶ ❷

Feel your hands and arms relaxing.

Think about your shoulders. Shrug your shoulders up to your head. Squeeze.

Count to 5. 1, 2, 3, 4, 5.

Relax your shoulders. Do this two more times. ❶ ❷

Feel your shoulders relaxing.

Think about your eyes. Tighten your eyes. Close them really tight.

Count to 5. 1, 2, 3, 4, 5.

Relax your eyes without opening them. Do this two more times. ❶ ❷

Feel your face feeling relaxed and calm.

Take 3 more deep breaths. Feel any left over tension leaving your body. Feel your body relax. Feel the calmness take over your body.

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