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Progressive Muscular Relaxation

FACILITATOR HANDOUT

Progressive muscular relaxation can be a very useful tool for recognising what's happening in our bodies, in this moment, and relieving any stress or tension that we may be carrying.

The concept is that once a muscle is purposely tensed then purposely relaxed, it goes into a more relaxed state than it was initially.

I will be guiding you through a set of instructions from your feet up to your head, focusing on different parts of the body, purposefully tensing and then relaxing them.

If, at any point, you notice your thoughts start to wander, that's OK, just notice it and bring your attention back to my voice.

→ Activity Read the script opposite

Make sure to leave gaps and spaces between each body part to give them time to review each area. Do not rush through the script. Play soft background instrumental music or white noise if you think they would benefit from this.

Start by finding a comfortable position in your chair. You may have your eyes open or closed. Whatever is more comfortable for you. Remember to focus on your breathing throughout the session. Try to keep regular paced breathing. I will be asking you to breathe in and out during this exercise but take breaths in between where required.



As you breathe in, press your feet hard into the floor

As you breathe out, relax them

As you breathe in, lift your feet up until they are only balanced on their heels. You should feel tension in your calves

As you breathe out, lower your feet to the floor

As you breathe in, squeeze your knees and thighs together

As you breathe out, relax and allow your knees and thighs to separate

The whole of your lower part of your body should now feel soft and relaxed

As you breathe in, squeeze your buttocks and pull your belly in

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As you breathe out, allow the buttocks to relax and the belly to sink into the back of the chair

As you breathe in, clench your hands into fists and press your arms into your sides

As you breathe out, release the fingers and turn the palms upwards resting on your legs

As you breathe in, lift both shoulders up towards your ears

As you breathe out, allow them to sink down, and away from the neck

As you breathe in, turn your head to the left

As you breathe out, return it to the centre

As you breathe in, turn your head to the right

As you breathe out, return it to the centre

As you breathe in, clench your teeth, screw up your eyes tightly

As you breathe out, unclench your teeth, the lower jaw, let your mouth open slightly, relax the eyes

When you are ready, open your eyes. Wriggle your hands and toes and stretch and return to the room

