**Relaxation Tool: Progressive Muscle Relaxation**

Progressive Muscle Relaxation Script (approx. 10 minutes)

“Please close your eyes and get as comfortable as possible. Keep your eyes closed throughout the process and listen to my instructions. I'm going to help you achieve a deeper level of relaxation with the following process. Most people find this an enjoyable experience. It is not hypnosis. You will not lose consciousness and you will not lose control.

I'm going to ask you to tense different muscles of your body. When I do, I want you to focus all your attention on those muscles, until I say relax. As soon as I say relax, I want you to relax those muscles immediately.

Throughout the tensing and relaxing phases, it is very important for you to focus all your attention on the sensation coming from your muscles. It is also important to only tense the one muscle group at a time and keep the other muscle groups as relaxed as possible. Even if this means you cannot fully tense the target muscle group.

When I say now, I want you to tense the muscles of your forehead by lifting your eyebrows as high as they will go and wrinkling your forehead. Do this now.

Keep your muscles tight. I want you to feel the strain and the tension. Now relax. Relax immediately. Give up control of your muscles. Smooth out the muscles on your forehead, letting all the tension, slip, away. Feel the muscles relax, becoming loose and limp. The more carefully you focus your attention on calmness and tranquility, the greater the relaxation effect you will enjoy.

This time, when I say now, I want you to tense the muscles in the middle part of your face by closing your eyes tightly and wrinkling your nose. Do this now.

Keep your muscles tight. Feel the strain and tension as your muscles work. Now relax. Relax immediately. Let those muscles go loose, and limp, soft, and calm. Compare in your mind the feeling of tension a few moments ago, to the feeling of restfulness that is now gradually emerging.

This time, when I say now, I want you to tense the lower part of your face by pursing your lips together and pressing your tongue against the roof of your mouth. Do this now.

Keep the muscles tight. Now relax. Relax immediately, and completely. Let your teeth fall open and the muscles around your jaw relax. Let your muscles go loose and limp, soft, and calm.

Now when I say now, tense the muscle groups in your shoulder and back, by squeezing your shoulder blades together. Do this now.

Feel the burning.

Now relax. Feel the stillness, and the peacefulness. Give up control of the muscles. This is an area where a lot of people hold tension throughout during the day. Keep these muscles loose and limp.

Now, when I say now, tense the muscle in your right bicep. Do not make a fist with your hand. Do this now.

Keep it tight. Feel the strain and the tension. Now relax. Relax completely, and immediately. Think about how relaxed your muscles feel. Imagine the tension and the pain leaving your bicep. Loose and limp, soft and calm.

This time, when I say now tense the muscles of your right forearm by clenching your fist. Do this now.

Feel the tension. Now, relax. Relax completely and immediately. Give up control of the muscles and let them lie there quietly.

This time, when I say now, tense the bicep of your left arm by bending your arm at the elbow and flexing. Remember to keep your shoulder relaxed. Do this now.

Keep it tight. Feel the strain and the tension. Now relax.

This time, when I say now, tense the muscles of your left forearm by clenching your fist. Do this now.

Feel the strain. Now relax. Compare in your mind to the feeling of tension in your left arm and forearm to the feeling that is gradually emerging. Feel the peacefulness.

This time, when I say now, tense the muscles in your right upper leg. The thigh has many muscles that work in opposition to one another. You can tense all of these at the same time by raising your leg about an inch and making your thigh hard. Do this now.

Feel the strain in the muscles. Now relax completely. Feel the peacefulness. Give up control of your muscles and allow them to relax. Focus on and notice the difference between the tension, and the relaxation.

This time, when I say now tense your right calf by pointing your foot and toes forward. Don't strain too hard, as this muscle can cramp. Do this now.

Tighten the muscle. Now relax. Relax completely. Focus on the stillness. Just give up control of the muscles and let them lie there still.

Compare in your mind the feeling of tension, with the feeling of relaxation. Allow the feeling of tranquility to grow deeper, and deeper.

This time, when I say now, tense the muscles of your left upper leg. Remember to do this by raising your leg an inch and making the muscles in your thigh hard. Do this now.

Feel the strain in your muscles. Keep the muscles tight. Now relax. Relax completely. Feel the peacefulness. Focus on this peacefulness.

This time, when I say now, I want you to tense your left calf by pointing your foot and toes forward. Remember, don't strain too hard as this muscle can cramp. Do this now.

Tighten those muscles. Now relax. Relax completely. Focus on the stillness. Give up control of the muscles. Allow the feelings of tranquility to grow deeper, and deeper. Feel the peaceful and calm sensations. Focus on and notice a difference between tension and relaxation.

I want to now suggest some phrases, that you can repeat slowly in your mind to expand the feeling of relaxation.

Repeat after me. I am at peace. My arms and legs are heavy and warm.

I am at peace. My arms and legs are heavy and warm.

I am at peace. My arms and legs are heavy, and warm.”