



Progressive Muscle Relaxation By Carley Reynolds, RN

Slowly close your eyes and relax. Take a deep breath in through your nose and hold...slowly exhale...Now repeat this breathing...take another deep breath, feeling the air coming in, filling your lungs, traveling to the tips of your fingers and down to your toes. Allow the breath to collect your tension and release this tension as you exhale completely. Now allow yourself to focus on your body and how you feel in this moment. Does your body feel heavy...light...are you tense or relaxed...do you feel anxious or have a feeling of calm.

First, focus your attention on your feet and toes. Tense them, tighter and tighter, and hold...now relax...notice the contrast between tension and the sensation of relaxation. Next, tense your calf muscles. Hold the tension, tighter and tighter...keep holding...now slowly release and relax. Feel the tension melt away as you move up to your thighs. Tense your thighs...hold, and focus your awareness on the tension... slowly relax the muscle and allow the weight of your legs to completely relax on the ground.

Next, focus your thoughts on your abdomen. Tense these muscles...tighter and tighter...hold...now release and feel the relaxation spreading throughout your stomach and back. Continuing to focus on your deep cleansing breaths, tighten your chest...feeling the tension...hold...and relax. Concentrating on your back, slightly arch, holding this position...be sure not to strain...hold the arch, feeling the tension...and relax...allowing your back to lay on the floor.

We'll now move to your fingers and hands. Make a clenched fist...hold it...making it tighter and tighter...keep holding as you feel the tension rise...now slowly release, bring your awareness to the feeling of relaxation, move on to your arms. Tense both arms, feeling the tension, tighter and tighter...hold...and slowly relax allowing your arms lie loosely at your sides. Next, shrug your shoulders, feel the built up tension...hold this tension, tighter and tighter...keep holding...now relax and feel the sense of calm spreading through your neck and shoulders.

Moving to your face, wrinkle your forehead, scrunch your nose, tense your cheeks and clench your jaw...hold...tighter and tighter...and slowly release...

Become aware of the heaviness of your body now. Enjoy the feeling of complete relaxation as you feel the tension and stress of your body float further and further away...Focus on your deep breaths...in through your nose...hold...feel your lungs fill with refreshing air and spread through out your body...and slowly release the breath through your mouth. Allow the calm to take over as you feel secure, comfortable and deeply relaxed...as you feel comfortable, allow yourself to come back to the room and open your eyes.