

Progressive Muscle Relaxation Exercise

Name:

Date:

Physician's Name:

Instructions for Clients: Read the guide and follow it step-by-step until you can do it independently.

Instructions for Physicians: Instruct your client to follow the steps in the guide below.

1. Lie down in a relaxed position.
2. Move your **feet** until you notice and hold the tension. Relax. Pay attention to the difference between the two.
3. Tense the **muscles on the front of your thighs**. Notice the tension. Relax. Notice your muscles relaxing.
4. Tense the **back of your legs**. Notice the tension. Relax. Notice your muscles relaxing.
5. Contract your **pelvic muscles**. Notice the tension. Relax. Notice your muscles relaxing.
6. Tense your **stomach muscles**. Hold the tension. Notice the tension. Relax. Notice your muscles relaxing.
7. Shrug your **shoulders**. Relax. Notice your muscles relaxing.
8. Place your **hands** on the side of your body and tense them. Notice the tension. Relax. Notice your muscles relaxing. Pull your relaxed hands back.
9. Close and tighten your **fist**. Tense your **biceps**. Move your hands to your shoulders. Relax. Notice your muscles relaxing.
10. Rotate to your **chin** to the right as if you're looking over your right shoulder. Notice the tension. Relax. Notice your muscles relaxing.
11. Gently press your head back against the surface you're lying on. Notice the tension on the **base of the skull** where it meets the neck. Notice the tension. Relax. Notice your muscles relaxing.
12. Lift your **eyelids**. Notice the tension. Relax. Notice your muscles relaxing.
13. Scrunch up your face. Notice the tension on the **sides of your chin and your neck**. Relax. Notice your muscles relaxing.
14. Clench your teeth. Notice the tension from the **angle of your jaw to your temple**. Relax. Notice your muscles relaxing.
15. Grin from ear to ear. Notice your tension around the **cheekbones**. Relax. Notice your muscles relaxing.
16. Spend some time to sense your breathing and how your body feels.
17. Remember how it feels.

