

# Progressive Muscle Relaxation Script



Progressive muscle relaxation (PMR) helps reduce stress and tension by systematically tensing and relaxing muscle groups. Find a quiet, comfortable space and follow these instructions:

## Preparation:

- Sit or lie down in a comfortable position.
- Take a few deep breaths to relax.

## Tensing:

- Start with your hands. Clench your fists tightly for 5-10 seconds.
- Release the tension completely. Feel the muscles relax.

## Right Arm:

- Raise your right arm slightly and tense the muscles. Hold for 5-10 seconds.
- Release the tension. Notice the sensation of relaxation.

## Left Arm:

- Repeat the process with your left arm. Tense the muscles and hold.
- Release and let go of any remaining tension.

## Shoulders:

- Shrug your shoulders up towards your ears, creating tension.
- Slowly lower them back down, feeling the relaxation spread.

## Face:

- Scrunch up your face, tensing the muscles in your forehead, eyes, and jaw.
- Relax the muscles, allowing your face to become smooth and relaxed.

## Neck:

- Gently tilt your head back and tense the muscles in your neck.
- Release the tension and feel your neck muscles relax.

## Chest and Abdomen:

- Take a deep breath in, hold for a moment to tense your chest and abdomen.
- Exhale slowly, releasing the tension as you relax.

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## Back:

- Arch your back slightly to feel the muscles tense along your spine.
- Relax and feel the tension melt away from your back.

## Legs:

- Tense the muscles in your thighs by pressing your legs together.
- Release the tension, feeling the muscles soften and relax.

## Feet:

- Curl your toes downward, tensing the muscles in your feet and calves.
- Release the tension and notice how your feet feel relaxed and grounded.

During the progressive muscle relaxation (PMR) process, it's helpful to offer reassuring words to enhance relaxation and comfort. Here are some phrases you can use:

1. "Feel the tension melting away as you relax."
2. "You're doing great, just let go of any remaining tension."
3. "Each deep breath brings more relaxation into your body."
4. "Notice how your muscles are becoming loose and comfortable."
5. "Allow yourself to fully relax with each exhale."
6. "Feel the calm spreading through your body."
7. "You deserve this time to unwind and recharge."
8. "Trust your body's ability to relax deeply."
9. "Embrace the peaceful sensations as you let go."
10. "You're creating a sense of calm and ease within yourself."

Using these reassuring words can enhance the effectiveness of progressive muscle relaxation by promoting a positive and relaxing experience.