

Progressive muscle relaxation 1

This is a progressive muscle relaxation audio, designed to help your body relax and to identify the difference between tension and relaxation. To begin, find a quiet place where you are unlikely to be disturbed. Either sit or lay down with your legs and arms uncrossed, with your spine aligned and in a comfortable position.

Gently close your eyes or, if you prefer to keep them open, let them rest on a single point in front of you.

Take a slow, deep breath in and out from the belly.

Take another, a little deeper this time. You may feel your body start to relax and let go.

We are going to work our way through the body from head to toe, tensing and then relaxing muscles groups as we go.

Start by creating tension in your upper face by scrunching your eyes tight shut and frowning, holding the tension until I tell you to let go.

And now letting go of the tension. Letting your face relax. Noticing the difference between tension and relaxation.

This time create tension in your lower face by clenching your jaw tight and putting a big, fake smile on your face. Holding the tension.

And letting go. Letting your face relax. Noticing the difference between tension and relaxation.

Hold the tension in your shoulders and neck by pulling your shoulders up toward your ears, and pulling your chin in toward the back of your neck. Shoulders up and chin in. Hold that tension.

Now relax and feel the tension release. Let your shoulders drop and chin relax. Notice how much better it feels to let go.

Next bend both of your elbows and tense your arms. Push your shoulders back and chest out. Hold the tension in your shoulders, arms and chest. You may notice your arms begin to quiver with tension.

And let go of the tension. Let your arms, shoulder and chest relax. Let the relaxed feeling spread throughout your body. Feel your body becoming more and more relaxed.

Slowly make a fist with both hands. Squeeze hard. Observe the tightness and tension in your hands and arms as you squeeze.

Letting go of the tension, allowing your fingers and hands to uncurl and go loose. Notice the difference between the tense state and the relaxed state.

Next tighten up your stomach muscles. Try and make your stomach as hard as you possibly can. Hold the tension.

Now, relax your stomach muscles. Letting go of any tension. Take a slow deep breath to really let go of any remaining tension.

Now tighten and flex the muscles in your lower back and buttocks. Hold the tension.

And let go. Relax and notice the difference as you let your lower back, hips and buttocks relax. Let the relaxed feeling spread to the rest of the body. Feel completely and deeply relaxed.

Hold the tension in your upper legs. Hold the tension and keep the muscles tight.

And now let go. Notice the contrast between tension and relaxation. Just letting go. Relaxing.

Now push your toes down, away from your body, and hold the tension in your lower legs. Notice what the tension feels like.

And relax and let go. Feel the heaviness spread throughout your body as you relax further still.

Lastly, hold the tension in your feet by arching your feet. Really push your arches up, toes down.

And relax. Letting go of any remaining tension. Notice the feeling of relaxation spread through your body from head to toe.



Take a few minutes of silence to soak up the feeling of your body relaxing.

And now letting your attention rest with your breathing for a moment. Noticing the natural and effortless ebb and flow of breath in and out of your body.

Feeling relaxed but gradually more alert. Gently moving your toes and fingers.

And when you are ready, letting your eyes open and giving your body a wake up stretch. Feeling awake and relaxed.