

### *Progressive Muscle Relaxation Exercise*

This is a time for relaxation. Relaxation is beneficial to your health. You will devote the next 15 minutes to a relaxation exercise called "Progressive Muscle Relaxation." To start with, find a comfortable position. You may choose a sitting, standing, or reclining position.

Take a deep breath in, and hold this breath. Hold it...hold it...and now exhale. Let all the air go out slowly, and release all the tension. Let your worries and thoughts leave you with the air.

Take another deep breath in. Hold it...and then exhale slowly, allowing the tension to leave your body with the air.

Now breathe even more slowly and gently... breathe in....hold....out...

Breathe in...hold...out...

Continue to breathe slowly and gently. Allow your breathing to relax you.

Now breathe normally, relax, and relax more. We are going to relax all the muscles in the body one after another.

Bend the toes of both feet downward very hard and keep the tension there. Hold for just a few more seconds, feel the tension in the muscles of your feet. Now let go and release the tension completely and relax. Feel the relaxation in your feet now. Notice the difference between tension and relaxation.

Now tighten your ankles by bending your feet upward and hold them there. Feel the tension in the muscles of your ankles. Now, let go. Release the tension completely and relax. Feel the relaxation in your ankles. Notice the difference between tension and relaxation.

Tighten the muscles of your left leg by bending the left leg at the knee joint. Feel the tension in the muscles of the left leg and thigh. Now, let go. Feel the relaxation in the muscles of the left leg and thigh. Notice the difference between tension and relaxation.

Tighten your muscles of your right leg by bending the right leg at the knee joint. Feel the tension in the muscles of the right leg and thigh. Now, let go. Feel the relaxation in

the muscles of the right leg and thigh. Notice the difference between tension and relaxation.

Tighten the muscles of both your legs by bending at the knee joint. Feel the tension in the muscles of both legs and thighs. Now, let go. Feel the relaxation in the muscles of both legs and thighs. Notice the difference between tension and relaxation.

Tighten your buttocks by squeezing the muscles. Feel the tension in the muscles of your buttocks. Now, let go. Feel the relaxation in the muscles of your buttocks. Notice the difference between tension and relaxation.

Tighten your abdominal muscles by breathing out with force. Feel the tension in the muscles of your stomach. Now, let go. Feel the relaxation in the muscles of your abdomen. Notice the difference between tension and relaxation.

Tighten your chest muscles. Feel the tension in the muscles of your chest. Hold the tension. Now, let go. Feel the relaxation in the muscles of your chest. Notice the difference between tension and relaxation.

Tighten your back muscles by pulling both shoulders as far back as you can until your back muscles are very tense. Feel the tension in the muscles of your back. Hold the tension. Now, let go. Feel the relaxation in the muscles of your back. Notice the difference between tension and relaxation.

Make a fist with your left hand. Feel the tension in the muscles of your left hand. Hold the tension. Now, let go. Feel the relaxation in the muscles of your left hand. Notice the difference between tension and relaxation.

Make a fist with your right hand. Feel the tension in the muscles of your right hand. Hold the tension. Now, let go. Feel the relaxation in the muscles of your right hand. Notice the difference between tension and relaxation.

Clench both fists. Feel the tension in the muscles of both of your hands. Hold the tension. Now, let go. Feel the relaxation in the muscles of both of your hands. Notice the difference between tension and relaxation.

Tighten the muscles of your left arm by bending it at the elbow. Feel the tension in the muscles of your left arm. Hold the tension. Now, let go. Feel the relaxation in the muscles of your left arm. Notice the difference between tension and relaxation.

Tighten the muscles of your right arm by bending it at the elbow. Feel the tension in the muscles of your right arm. Hold the tension. Now, let go. Feel the relaxation in the muscles of your right arm. Notice the difference between tension and relaxation.

Tighten the muscles of both arms by bending them at the elbow. Feel the tension in the muscles of your two arms. Hold the tension. Now, let go. Feel the relaxation in the muscles of your two arms. Notice the difference between tension and relaxation.

Now turn attention to your head. Create wrinkles on your forehead by lifting your eyebrows. Feel the tension in the muscles of your forehead. Hold the tension. Now, let go. Feel the relaxation in the muscles of your forehead. Notice the difference between tension and relaxation.

Frown by drooping your eyebrows. Feel the tension in the muscles in your forehead and surrounding area. Hold the tension. Now, let go. Feel the relaxation in the surrounding muscles. Notice the difference between tension and relaxation.

Squeeze your eyes shut tightly. Feel the tension in the surrounding muscles. Hold the tension. Now, let go. Feel the relaxation in the surrounding muscles. Notice the difference between tension and relaxation.

Now clench your teeth. Feel the tension in the muscles of your jaw. Now, let go. Feel the relaxation in the surrounding muscles. Notice the difference between tension and relaxation.

Purse your lips tightly. Feel the tension in the surrounding muscles. Now, let go. Feel the tension in the surrounding muscles. Notice the difference between tension and relaxation.

Tighten the muscles in your neck by bending it softly forward. Feel the tension in the muscles of your neck. Now, let go. Feel the relaxation in the muscles of your neck. Notice the difference between tension and relaxation.

Tighten the muscles in your neck by bending it softly backward. Feel the tension in the muscles of your neck. Now, let go. Feel the relaxation in the muscles of your neck. Notice the difference between tension and relaxation.

Now tighten your whole body. Feel the tension in the muscles of your body. Hold it, hold it, and let go.

Take three deep breaths slowly, in through the nose and out through the mouth.

Take another three slow and relaxing breaths. You are now very relaxed.

Just stay the way you are, relaxed, energized, filled with vibrant energy. I am going to count from 1 to 5. At the count of 5, you will open your eyes slowly and feel wide awake and alert.

1 ... becoming more awake and alert

2 ... feeling your mind and body reawaken

3 ... move your muscles a little

4 ... almost completely awake now

5 ... feeling full of energy and refreshed.