



Progressive Muscle Relaxation

Find a good position on a chair, with the soles of your feet resting firmly on the floor. The backs of your thighs should be resting on the seat, and your upper back against the back of the chair.

Place both hands in your lap and let your legs support your hands so that the palms are open and facing up and the back of your hands are against your legs.

Let your breathing flow calmly in and out at its own pace without effort. Your stomach rises up and out when inhaling and falls back when exhaling.

Inhaling and exhaling are followed by a short break before you inhale again. Breathing functions as an anchor during the moment of rest, so that you can bring your attention back to the calm rhythm of inhalation and exhalation if you find it difficult to concentrate.

Now shift your attention to the face. Scrunch up your facial muscles and maintain the tension...one, two, three, and then let your muscles relax. Allow your expression to fade away and for your face to become calm and relaxed. Feel how the tension in your face is released.

Now focus on the upper neck and shoulder area. Simultaneously lift both shoulders and firmly push them towards your ears and maintain the tension...one, two, three, then let your shoulders fall gently down. Focus on the feeling of your shoulders when they are resting, and feeling heavy and relaxed.

Next, focus on the palms of your hands. Squeeze your hands firmly into fists...one, two, three and let them open. Notice the feeling of warmth and relaxation spreading to your fingers and the tension in your upper limbs decreasing.

Imagine a feeling of warmth and softness reaching from the upper neck to your shoulders and from there to your upper arms. Your arms stay resting in your lap. Your palms feel heavy and solid.

Your breathing flows freely in and out and slows as you relax. You can always return to the breathing if your mind starts to wander.

Now feel how your upper back rests against the chair. Squeeze your shoulder blades firmly together against the chair...one, two, three and let them relax. Feel how the tension in your upper back decreases and the blood circulates more freely in your upper limbs and upper back. You may feel a sensation of warmth.

Now shift your attention to your lower back and from there all the way to the backs of your thighs. Squeeze your buttocks firmly together...one, two, three and let them relax. Your thighs and buttocks feel heavy and relaxed against the chair.

Now shift your attention to the calves. Flex the muscles in both calves...one, two, three and let them relax completely so that the muscle tension is released in the back of your knees and calves. You can feel how the soles of your feet feel heavy against the surface.

Now you can rest for a moment. Let go of your thoughts and just enjoy the moment without worrying about what comes next. Remember that you can always return to this feeling by repeating the exercise.
