*Stress Management Training*

*Session One*

***Relaxation Exercise Script***

***Passive Progressive Muscular Relaxation***

This is a Stress Management Exercise in Passive Progressive Muscular

Relaxation.........

You should be sitting or lying comfortably with your arms and legs

uncrossed and your hands at rest........

Allow your eyes to close......

And first of all, I want you to listen. Listen to the sounds. My voice is one of

the sourds....... And if your attention wanders, that's all right, just bring it

back gently to the sounds....

And extend your awareness to your thoughts. Your thoughts are a bit like

the sounds, in that they come and they go. You may be thinking in

words, you may be thinking in pictures, you may be thinking in a mixture of

the two........ and........imagine you can see your thoughts passing by on

a large screen, like the credits after a film, and just watch each thought

go by, and do this now.......

And now let go of the images on the screen, and continue to be aware

of your thoughts passing....... And so, you have your attention on the

sounds and on your thoughts.........

And now extend your attention to your body. Your body is you, it’s your

way of being in the world, and just notice if any parts of your body are

more relaxed than others, and notice if your body is holding any tension.

And keep your attention inside your body. It may wonder to your

thoughts or to the sounds. That's all right, just bring it back gently to your

Body........

And take a deep breath as you begin to relax. You can relax as much or

as little as you want to........And first of all, relax the muscles of your face.

Imagine that a mask is slipping off and all the muscles of your face are

relaxing........and all the muscles just behind your face are

relaxing........and you're letting go of any smiles, any frowns you've been

wearing, and you're letting go of any fixed expressions.........and you're

relaxing your face until your face is communicating nothing very

particular at all......... it's just being..........

And allow that relaxation to spread into your scalp........and down into

your neck.........And as each muscle relaxes you can feel that part of your

body becoming just a little bit heavier than usual. So that you feel

heavier and heavier and more and more relaxed.

And allow the relaxation to spread into your throat, relaxing that part of

you that makes a sound out there in the world, let that part of you

become silent and still for a while.........

And allow the relaxation to spread into your shoulders.........and down

your arms and to your elbows, forearms, wrists and hands and

fingers.....there is nothing that your hands have to do right now.........And

your shoulders, arms and hands feel heavier and heavier and more and

more relaxed.........

And allow the relaxation to spread down into your chest........breathing

easily and calmly now.........Relaxation spreading down into the muscles

of your stomach and lower abdomen. Relaxation spreading all the way

down your spine........from your neck and upper back to your lower back

and buttocks. Feeling heavier and heavier and more and more

relaxed..........

And allow the relaxation to spread down into your thighs.......relaxation

spreading into your knees and calves........Feeling heavier and heavier

and more and more relaxed........and allow the relaxation to spread into

your ankles and into the muscles of your feet. Feel your legs and feet

becoming heavier and heavier and more and more relaxed.........

And there is nothing that any part of your body needs to do right

now.........and you can leave your body resting from the top of your head

to the tips of your toes........and all the while you are resting your body is

going deeper and deeper into relaxation.........and you are still aware of

the sounds........and still aware of your thoughts.........and aware of your

body resting, and it doesn't matter whether you are resting lightly or

deeply, because as you rest, two things are happening automatically,

they happen to everyone.

And the first is that your mind and your body are busy in this rest releasing

tension, that goes on automatically, you don't have to think about

it........So when you come up out of your rest, you will feel the absence of

tension, and in its place, calmness and relaxation .........

And the second thing that is happening automatically is that your mind

and your body are learning to relax.......so as well as being able to rest

now, you will be able to keep this relaxation with you........because you

are learning how to do it right now.......

And now imagine that you're standing on a hill, and let this hill be

somewhere quite beautiful........it can be a real place or an imaginary

place, it doesn't matter.......you're standing on the top of a hill.........and

you're standing in the kind of weather that you like, and you're not

carrying anything so that you feel very free.....And imagine what you

would be able to see from the top of this hill, the colours.......take a look

up at the sky........

And in a few moments. I'll ask you to walk down the hill, you'll find it very

easy, and as you walk down I'll count down from ten to one, and with

each number that I say you will become more and more relaxed. And

start walking down the hill now.........Ten, Nine, Eight. Seven, Six, Five, Four,

Three, Two, One.......

And the place at the bottom of the hill is a very safe and special place,

you can make it look just as you want to.........take a look around you,

smell the smells, hear the sounds, look at the ground beneath your feet,

and see what's growing..... And take a moment now to explore this

place...............

And this place is your place, where you can feel completely calm and

completely relaxed. And you can return to this place any time you want

to and you can experience the calmness and relaxation that you feel

now.

And you can take this calmness and relaxation with you into your daily

life. Any time you want to feel more relaxed, just count yourself down

from ten to one and you will feel calm and relaxed.........

And now let go of the image of this place and bring yourself back to here

and to now, to the sounds to your thoughts, to your body, and let yourself

just be in the present moment for a while......

And in a moment I'm going to count to five, and as I count, bring yourself

gently out of your rest so that when I reach five you can open your eyes,

feeling relaxed and refreshed.......

One, Two, Three, Four, Five........Open your eyes now........