***Stress Management Training***

Session Two. Relaxation Exercise Script

***Active Progressive Relaxation***

This is an exercise in *Active Progressive Muscular Relaxation.* 

You should be sitting or lying comfortably with your arms and legs uncrossed and your hands at rest.

And allow your eyes to close.

And during this exercise, as you breathe in, you will tighten your muscles, and as you breathe out, you will allow your muscles to relax.

l .Make a fist with your right hand, hold it tight and notice the tension. Take a deep breath.....and as you breathe out relax your right hand. And throughout this exercise, breathe in as you tighten the muscles, and as you breathe out, relax the muscles.

2. And tense your right hand, notice the tension, take a deep breath and relax your right. hand.

3. And tense your right hand, notice the tension. take a deep breath and relax your right hand.

1. Tense your left hand, notice the tension, take a deep breath and relax your left hand.

2. Tense your left hand, notice the tension, take a deep breath and relax your left hand.

3. Tense your left hand, notice the tension, take a deep breath and relax your left hand.

1. Tense your right arm, notice the tension, take a deep breath and relax your right arm

2. Tense your right your arm, notice the tension, take a deep breath and relax your right arm

3. Tense your right arm, notice the tension, take a deep breath and relax a your right arm.

1. Tense your left arm, notice the tension, take a deep breath and relax your left arm.

2. Tense your left arm, notice the tension, take a deep breath and relax your left arm.

3. Tense your left arm, notice the tension, take a deep breath and relax your left arm.

l . Tense your right foot, notice the tension, take a deep breath and relax your right foot. 

2. Tense your right foot, notice the tension, take a deep breath and relax your right foot.

3. Tense your right foot, notice the tension, take a deep breath and relax your right foot.

1. Tense your left foot, notice the tension, take a deep breath and relax your left foot.

2. Tense your left foot, notice the tension, take a deep breath and relax your left foot.

3. Tense your left foot, notice the tension, take a deep breath and relax your left foot.

1 . Tense your right ankle, notice the tension, take a deep breath and relax your right ankle.

2. Tense your right ankle, notice the tension, take a deep breath and relax your right ankle.

 3. Tense your right ankle, notice the tension, take a deep breath and relax your right ankle.

1 . Tense your left ankle, notice the tension, take a deep breath and relax your left ankle.

2. Tense your left ankle, notice the tension, take a deep breath and relax your left ankle.

3. Tense your left ankle, notice the tension, take a deep breath and relax your left ankle.

1. Tense your lower right leg, notice the tension, take a deep breath and relax your lower right leg.

2. Tense your lower right leg, notice the tension, take a deep breath and relax your lower right leg.

 3. Tense your lower right leg, notice the tension, take a deep breath and relax your tower right leg.

1. Tense your lower left leg, notice the tension, take a deep breath and relax your lower left leg.

2. Tense your lower left leg, notice the tension, take a deep breath and relax your lower left leg.

3. Tense your lower left leg, notice the tension, take a deep breath and relax your lower left leg.

1 . Tense your upper right leg, notice the tension, take a deep breath and relax your upper right leg.

2. Tense your upper right leg, notice the tension, take a deep breath and relax your upper right leg.

3. Tense your upper right leg, notice the tension, take a deep breath and relax your upper right leg.

1 . Tense your upper left leg, notice the tension, take a deep breath and relax your upper left leg.

2. Tense your upper left leg, notice the tension, take a deep breath and relax your upper left leg.

3. Tense your Upper left leg, notice the tension, take a deep breath and relax your upper left leg.

1. Tense the muscles of your buttocks, notice the tension, take a deep breath and relax the muscles of your buttocks.

2. Tense the muscles of your buttocks, notice the tension, take a deep breath and relax the muscles of your buttocks.

3. Tense the muscles of your buttocks, notice the tension, take a deep breath and relax the muscles of your buttocks.

1 . And being careful not to strain, gently tense the muscles of your lower back by arching it a little, notice the tension, take a deep breath and relax the muscles of your lower back.

2. Tense the muscles of your lower back, notice the tension, take a deep breath and relax the muscles of your lower back.

3. Tense the muscles of your lower back, notice the tension, take a deep breath and relax the muscles of your lower back.

l . Tense the muscles of your stomach, notice the tension, take a deep breath and relax the muscles of your stomach.

2. Tense the muscles of your stomach, notice the tension, take a deep breath and relax the muscles of your stomach.

3. Tense the muscles of your stomach, notice the tension, take a deep breath and relax the muscles of your stomach.

* And being careful not to strain, gently tense the muscles of your upper back and shoulders by pushing back your shoulders, notice the tension, take a deep breath and relax the muscles of your upper back and shoulders
* Tense the muscles of your upper back and shoulders, notice the tension, take a deep breath and relax the muscles of your upper back and shoulders
* Tense the muscles of your upper back and shoulders, notice the tension, take a deep breath and relax the muscles of your upper back and shoulders

And now, turn your attention to your face.

* Open your eyes and mouth as widely as possible, notice the tension, take a deep breath and relax the muscles of your eyes and mouth.
* Open your eyes and mouth as widely as possible, notice the tension, take a deep breath and relax the muscles of your eyes and mouth.
* Open your eyes and mouth as widely as possible, notice the tension, take a deep breath and relax the muscles of your eyes and mouth.

And closing your eyes, be aware of your slow, calm breathing.

* And now tense the muscles of your face, tighten the muscles around your nose, purse your lips and clench your jaw, notice the tension, take a deep breath and relax the muscles of your face.
* Tense the muscles of your face, tighten the muscles around your nose, purse your lips and clench your jaw, notice the tension, take a deep breath and relax the muscles of your face.
* Tense the muscles of your face, tighten the muscles around your nose, purse your lips and clench your jaw, notice the tension, take a deep breath and relax the muscles of your face.

And if there are any muscles in your body still feeling tense, take a moment now, and

* Tense those muscles, notice the tension, take a deep breath and relax those muscles.
* Tense those muscles, notice the tension, take a deep breath and relax those muscles.
* Tense those muscles, notice the tension, take a deep breath and relax those muscles.

And take a moment now to enjoy this relaxation……………………………

And the relaxation that you feel now will carry with you into your daily life. The more you do this exercise, the more you will find that you are able to relax in any situation, and you will find that it will become easier and easier to stay relaxed. And every time you do this relaxation Exercise you will find it easier to relax and you will relax more deeply………

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, ready to return to your daily life.