

## PROGRESSIVE MUSCLE RELAXATION (PMR)/BODY SCANNING

Make yourself comfortable – it may be sitting in a chair or lying down.

Allow 20-30 mins for a complete session.

Allow your body weight to settle down.

Close your eyes and take a few deep breaths and let them go naturally.

Now allow the breaths to find their own natural rhythm.

If at any time you feel uncomfortable then stop for a moment and move slightly to change your position.

Try to focus on each body part alone as you do this exercise.

Begin by tensing all the muscles in your face...make a tight grimace...close your eyes as tightly as possible...clench your teeth...hold for few seconds as you breathe in.

Now breathe out and completely relax...let your face go completely loose and floppy...feel the tension leave your facial muscles...enjoy that feeling.

Breathe naturally.

Now tense your neck and shoulders firmly whilst inhaling and hold for a few seconds...then breathe out and relax your neck and shoulders...enjoy the feeling as the tension leaves.

Breathe naturally.

Tense your tummy and hold for a few seconds as you breathe in...then relax it and release the tension as you breathe out...enjoy that feeling.

Breathe naturally.

Tense the muscles in your good arm and make a fist...hold this whilst you breathe in and then relax and let your arm go floppy as you breathe out.

If you can try to tense the muscles in your other arm and make a fist...hold this whilst you breathe in and then relax and let your arm go floppy as you breathe out.

Breathe naturally.

Tense your buttocks and clench them tight...hold for a few seconds as you breathe in...then release and let them go slack as you breathe out...enjoy that feeling.

Breathe naturally.

Tighten the muscles in your left thigh and leg as you breathe in and hold for a few seconds before breathing out and allowing the tightness to be released and the leg to relax as you enjoy that feeling.

Tighten the muscles in your right thigh and leg as you breathe in and hold for a few seconds before breathing out and allowing the tightness to be released and the leg to relax as you enjoy that feeling.

Breathe naturally.

Pull your left foot upwards and tighten the muscles as you breathe in then breathe out and relax the foot letting it flop to the side.

Pull your right foot upwards and tighten the muscles as you breathe in then breathe out and relax the foot letting it flop to the side.

Breathe naturally.

Enjoy the feeling as it has now poured through your body and completely covered you...like liquid relaxation.

Open your eyes...slowly readjust and focus...before rising.

### **QUICK PMR = 5 mins.**

Using the skill of breathing and awareness, simply bring the exercise together to focus on 4 main muscle groups:

- Face.
- Neck, shoulders and arms.
- Abdomen and buttocks.
- Legs and feet.