

This exercise is most effective when you tape record the instructions in advance, preferably in your own voice, so that you don't have to concentrate on remembering the instructions.

You might like to record some relaxing music to follow this exercise.

Lie down, close your eyes, and begin to listen to the tape.

Feel your feet. Feel the weight of your feet. Feel your feet relax and sink into the bed.

Feel your lower legs. Feel the weight of your lower legs. Feel your lower legs relax and sink into the bed.

Feel your knees. Feel the weight of your knees. Feel your knees relax and sink into the bed.

Feel your upper legs. Feel the weight of your upper legs. Feel your upper legs relax and sink into the bed.

Feel your hands. Feel the weight of your hands. Feel your hands relax and sink into the bed.

Feel your lower arms. Feel the weight of your lower arms. Feel your lower arms relax and sink into the bed.

Feel your elbows. Feel the weight of your elbows. Feel your elbows relax and sink into the bed.

Feel your upper arms. Feel the weight of your upper arms. Feel your upper arms relax and sink into the bed.

Feel your buttocks. Feel the weight of your buttocks. Feel your buttocks relax and sink into the bed.

Feel your back. Feel the weight of your back. Feel your back relax and sink into the bed.

Feel your pelvic and belly area. Feel the weight of your pelvic and belly area. Feel your pelvic and belly area relax and sink into the bed.

Feel your chest. Feel the weight of your chest. Feel your chest relax and sink into the bed.

Feel your shoulders. Feel the weight of your shoulders. Feel your shoulders relax and sink into the bed.

Feel your neck, both front and back. Feel the weight of your neck. Feel your neck relax and sink into the bed.

Feel your skull. Feel the weight of your skull. Feel your skull relax and sink into the bed.

Feel your mouth. Feel any tension in your mouth. Feel your mouth relax and any tension slide off into the bed.

Progressive Relaxation

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Feel your eyes. Feel any tension in your eyes. Feel your eyes relax and any tension slide off into the bed.

Feel your entire face. Feel any tension in your face. Feel your face relax and let any tension slide off into the bed.

Mentally scan your body. If you find any place that's still tense, relax it and let it sink into the bed.