

# How to relax with progressive muscle relaxation

Sit on a chair or lie down. If you are sitting, place your feet on the floor and rest your hands on your legs. If you are lying down, place your arms beside you. Breathe in deeply through your nose and out through your mouth. Let your thoughts come and go.

## Hand and arm

Make a fist with your right hand. Imagine you have a lemon in your hand. Squeeze it tightly. Breathe out and let go of the tension. Take a new lemon and squeeze it even tighter than the first lemon. Now let go of the tension.

Pull your right forearm toward your shoulder as if you were a bodybuilder showing off your muscles. Take a deep breath and let your arm drop to your leg and relax. Now pull your right arm towards your shoulder again. Now relax your arm.

Repeat with your left hand and your left arm.

## Eyebrows

Raise your eyebrows as high as you can - as if you were amazed or surprised! Breathe out and let go of the tension. Breathe in again and raise your eyebrows once more as high as possible - even higher, as if they were touching your hairline. Let go and exhale slowly.

## Eyes

Squeeze your eyes tightly shut - imagine you are being blinded by bright light. Breathe out slowly and relax. Breathe in again, and squeeze your eyes shut again - even tighter.

Breathe out deeply, open your eyes and relax your whole face.

## Mouth

Slowly open your mouth very wide - as if you were biting into a big apple - and hold it open. Breathe out, and close your mouth again. Open your mouth wide again, holding the tension. Close your mouth and exhale slowly.

## Head

Slowly and carefully tilt your head back. Imagine you are looking at the stars in the sky.

Exhale, and slowly bring your head back to a comfortable position. Breathe in again and slowly tilt your head back once more. Breathe deeply and relax.

## Shoulders

Pull your shoulders up to your ears, like a turtle pulling its head in towards its body. Exhale and relax. Breathe in and pull your shoulders up once more. Breathe deeply and relax. Push your shoulder blades together – imagine squeezing a straw in between them. Breathe deeply and relax. Once again, push your shoulder blades together so that they are almost touching. Release your shoulders again.

## Chest and belly

Puff out your chest and belly, like a balloon filling with air. Now, slowly exhale again and release all tension. Inhale deeply and puff your chest and belly out again. Breathe deeply and relax.

## Thighs

Tighten your thighs so that you push yourself up out of your chair a bit. Exhale and relax. Tense your thighs once more. Exhale and relax.

## Toes

Pull the toes of your right foot up toward your shins. Release the tension and lower the toes back down. Pull your right toes up again, tensing your calf muscles even more. Breathe deeply and relax.

Curl the toes of your right foot. Imagine you're at a beach, burying them deep in the sand. Exhale and release the tension. Curl your toes once more. Release the tension.

Repeat with your left toes.

## Winding down

Feel how good it is to be relaxed and stay as relaxed as you can. Let your whole body relax completely. Take a moment to enjoy the feeling of relaxation.

If you keep practicing like this, you will become a super relaxer! Keep this feeling with you throughout your day and remember how good it feels to be relaxed. Take another deep breath in through your nose and slowly out through your mouth. Now you can continue your day feeling nice and calm!