

Relaxation Script

Sit comfortably in your chair or on the floor with your arms at your sides and your feet planted on the floor. *(You can do this standing also not as affective)*

Close your eyes

Imagine that you have a ball of clay in your right hand. Squeeze the ball of clay as hard as you can! While you are squeezing, feel how tight the muscles in your hand and arm are. Count to five.....then drop the ball of clay and let your arm hang loose. Take a deep breath and notice the difference in your hand and arm when relaxed. Repeat to yourself, "My right hand is relaxed."

Now do the same with your left hand. Imagine that you have a ball of clay in your left hand. Squeeze the ball of clay as hard as you can! While you are squeezing, feel how tight the muscles in your hand and arm are. Count to five.....then drop the ball of clay and let your arm hang loose. Take a deep breath and notice the difference in your hand and arm when relaxed. Repeat to yourself, "My left hand is relaxed."

Now do the same with your right arm. Imagine that you have a ball of clay in the crease of your right elbow. Squeeze the ball of clay as hard as you can! While you are squeezing, feel how tight the muscles in your hand and arm are. Count to five.....then drop the ball of clay and let your arm hang loose. Take a deep breath and notice the difference in your hand and arm when relaxed. Repeat to yourself, "My right arm is relaxed."

Now do the same with your right foot. Squeeze the muscles in your foot as hard as you can! While you are squeezing, feel how tight the muscles in your foot and leg are. Count to five.....release. Take a deep breath and notice the difference in your hand and arm when relaxed. Repeat to yourself, "My right foot is relaxed."

Now do the same with your left foot. Squeeze the muscles in your foot as hard as you can! While you are squeezing, feel how tight the muscles in your foot and leg are. Count to five.....Release. Take a deep breath. Repeat to yourself, "My left foot is relaxed."

Now do the same with your right leg. Squeeze the muscles in your leg as hard as you can! While you are squeezing, feel how tight the muscles in your leg are. Count to five.....Release. Take a deep breath Repeat to yourself, "My right leg is relaxed."

Now do the same with your stomach. Squeeze the muscles in your stomach as hard as you can! While you are squeezing, feel how tight the muscles are. Count to five.....release. Take a deep breath and notice the difference in your stomach when relaxed. Repeat to yourself, "My stomach is relaxed."

Now do the same with your back. Squeeze the muscles in your back as hard as you can! While you are squeezing, feel how tight the muscles are. Count to five.....Release. Take a deep breath and notice the difference in your back when relaxed. Repeat to yourself, "My back is relaxed."

Now do the same with your chest. Squeeze as hard as you can! While you are squeezing, feel how tight the muscles in chest are. Count to five.....release. Take a deep breath and notice the difference in your chest when relaxed. Repeat to yourself, "My chest is relaxed."

Now do the same with your right shoulder. Squeeze as hard as you can! While you are squeezing, feel how tight the muscles in your right shoulder and arm are. Count to five.....release and let your arm hang loose. Take a deep breath and notice the difference when relaxed. Repeat to yourself, "My right shoulder is relaxed."

Now do the same with your left shoulder. Squeeze as hard as you can! While you are squeezing, feel how tight the muscles in your left shoulder and arm are. Count to five.....release and let your arm hang loose. Take a deep breath and notice the difference when relaxed. Repeat to yourself, "My left shoulder is relaxed."

Now do the same with your face. Squeeze all your muscles in your face as tight as you can. While squeezing, feel how tight your muscles are. Count to five.....release. Take a deep breath. Repeat to yourself, "My face is relaxed."

Now do the same with your whole body. Squeeze all your muscles as tight as you can. While squeezing, feel how tight your muscles are. Count to five.....release. Take a deep breath. Repeat to yourself, "I am relaxed."