

Progressive Muscle Relaxation:

Ehrenreich (1999) provides a simple script for Progressive Relaxation that can be expanded with just a minimum of effort.

Begin this exercise by focusing on lengthening and deepening the breath. Focus on the inhalation and exhalation making the breath smooth and deep.

Now tighten both fists, and tighten your forearms and biceps ...

Hold the tension for five or six seconds ...

Now relax the muscles.

When you relax the tension, do it suddenly, as if you are turning off a light ...

Concentrate on the feelings of relaxation in your arms for fifteen or twenty seconds ...

Now tense the muscles of your face and tense your jaw ...

Hold it for five or six seconds ...

Now relax and concentrate on the relaxation for fifteen or twenty seconds ...

Now arch your back and press out your stomach as you take a deep breath ...

Hold it ...

And relax ...

Now tense your thighs and calves and buttocks ...

Hold ... And now relax.

Concentrate on the feelings of relaxation throughout your body, breathing slowly and deeply

(Ehrenreich, 1999, Appendix B).