

PROGRESSIVE MUSCLE RELAXATION (PMR) SCRIPT

PMR is a relaxation technique that involves systematically tensing and then relaxing different muscle groups in the body to reduce physical tension and promote overall relaxation.

Here are the steps of the Energy Flow® Progressive Muscle Relaxation exercise:

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths to relax.
3. Begin by focusing on your toes. As you inhale, intentionally tense the muscles in your toes.
4. Hold the tension for a few seconds, and then exhale as you release the tension in your toes completely.
5. Move on to the next muscle group, which is the feet. Inhale and tense the muscles in your feet, then exhale to release the tension.
6. Continue this process, working your way up through the body. Tense and release each muscle group as you progress.
7. Include muscle groups such as the calves, thighs, buttocks, lower back, upper back, abdomen, chest, arms, hands, neck, and face.
8. Take your time with each muscle group, ensuring that you fully release the tension before moving on.
9. Pay attention to the sensation of relaxation as you release tension in each muscle group.

10. After completing the full body scan, take a few moments to notice how you are feeling and what your experience was like.

Reflection questions:

1. How does tensing and releasing your muscles affect how relaxed you feel?
2. What do you notice in your body as you release tension from each muscle group?
3. How does focusing on each muscle group help you feel calmer overall?