

## Passive Muscular Relaxation

- Be aware of your rhythmical breathing.
- Allow any thoughts entering your head to just float away.....
- Now I'd like you to take your hearing awareness outside of the room.....be aware of any sounds outside the room.
- Now bring your hearing awareness inside the room....be aware of any sounds you can hear inside the room.
- And now bring your hearing awareness inside yourself.
- And for the next 10 mins just listen to the sound of my voice and allow yourself to relax.
- I'd like to start by taking your concentration down to your feet.
- Be aware of how your feet are feeling today.
- Notice any feelings of physical tension that you hold in your feet.
- And if there is any tension, try and allow that tension to go.
- Allow the muscles in your feet to smooth and relax.
- As you let go of any feelings of physical tension you hold in your feet.
- Now take you awareness up to your.....

Repeat the bold type bit for:

- Calves and Ankles
  - Thighs
  - Hips and Buttocks
- And allow this to help both legs feel more relaxed, supported by the chair and the floor.

- Allow any thoughts that enter your head to float away.
- Just be aware of your rhythmical breathing.
- Breathe in through your nose, to the bottom of your lungs, and as you breathe out imagine physical tension leaving your body.
- Now take your attention to your hands.

Repeat for:

- Hands
- Elbows
- Shoulders - a lot of tension, let shoulders drop.
- Neck
- (Head and Face) Start with jaw - allow to slacken.
- Cheeks
- Forehead - whole face relaxed.
- Scalp and temples - whole head relaxed.

- Now scan through your body, noticing any areas of physical tension, and if you can, bring a feeling of relaxation to those areas.
- Feel supported by the chair and the floor.
- Passively concentrate on allowing your body to feel relaxed.
- Concentrate on your gentle rhythmical breathing.
- Feeling peaceful and calm, and relaxed.
- Let go of the physical tension in your body.
- Now slowly, bring your hearing awareness to the sounds that you can hear outside the room.
- And now, bring your hearing awareness inside the room.
- I'm going to count back from 10, and as I do this, allow yourself to gradually open your eyes and remain seated and relaxed.