



Bear Clan, LLC

Empowering Balanced and Transformative Lives



Systematic Muscle Relaxation Sequence



- ✦ Get into a comfortable position. Close your eyes, sit quietly for five seconds, and focus on breathing slowly, smoothly, and deeply.

<< Pause 10 seconds >>

Notice that you are in control. You can regulate yourself to breathe slowly, smoothly, and deeply.

<< Pause 5 seconds >>

- ✦ Now, make fists with both your **hands** and feel the tension building in your lower arms, hands, and fingers. Focus on that tension and silently describe the uncomfortable pulling sensations to yourself.

Hold the tension.

<< Pause 5 seconds >>

- ✦ Now, release the tension and let your hands and arms relax. Focus on the warm, heavy, relaxed feelings in your hands and notice the contrast with the tension.

Just focus for a while on your relaxed hands and continue to breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Now, bend your **arms**, making a muscle, and press both of your elbows firmly into your sides. While pressing your elbows inward, also flex your arm muscles. Notice the tension building up throughout your arms, shoulders, and back.

Hold the tension.



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<< Pause 5 seconds >>

- ✦ Now, release your arms and let them slowly fall to your sides.

Focus on the heavy, warm, and relaxed feelings in your arms, and continue to breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Moving to your **lower legs**, flex your feet by trying to point your toes toward your nose. Notice the tension spreading through your feet, ankles, and calves.

Hold the tension.

<< Pause 5 seconds >>

- ✦ Now, release the tension in your lower legs and focus on your sense of comfort as your lower legs become more relaxed.

Continue to breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Next, build tension in your **upper legs** by pressing both your knees together and lifting your legs off the bed or chair. Focus on the tension in your thighs and the pulling sensations in your hips. Describe those uncomfortable feelings to yourself.

Hold the tension.

<< Pause 5 seconds >>

- ✦ Now, release the tension, and let your legs fall slowly onto the bed or chair. Focus on letting go of all the tension in your legs, arms, and shoulders. Just let go.

Breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Next, pull your **stomach** in toward your spine. Notice the tension in your stomach.

Hold the tension.

<< Pause 5 seconds >>



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- ✦ Now, let your stomach relax. Focus on the relaxation you can produce in your stomach, in your legs, and in your arms and shoulders.

Breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Now, take a very deep breath and hold your breath. Notice the tension in your expanded **chest**. Keep holding your breathe.

<< Pause 15 seconds (until some discomfort is likely) >>

- ✦ Now, slowly let the air out and feel the tension gradually disappear. Notice that you can relax your body, and you can breathe slowly, smoothly, and deeply. And, with each breath that you take, you can allow yourself to relax even more. Focus on relaxing and just letting go of all of your tension.

Breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Now, imagine that your **shoulders** are on strings and are being pulled up toward your ears. Feel the tension building in your shoulders, your upper back, and neck.

Hold the tension.

<< Pause 5 seconds >>

- ✦ Now, just let the tension go. Allow your shoulders to droop down. Let them droop down as far as they will go. Notice the difference between the feelings of tension and relaxation.

Breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Pull your chin down and push it in toward your chest. Notice the pulling and tension in the back of your **neck**.

Hold the tension.

<< Pause 5 seconds >>

- ✦ Now, relax. Let go of the tension in your neck. Focus on letting your neck muscles relax. Let your arms and legs relax.



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Breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Now, clench your teeth together and focus on the tension in your **jaw**. Feel the tight pulling sensation.

Hold the tension.

<< Pause 5 seconds >>

- ✦ Now relax. Allow your mouth to drop open and relax all of the muscles around your face and jaw.

Breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ Build up the tension in your **forehead** by forcing yourself to frown. Try to pull your eyebrows toward each other. Focus on the tension in your forehead.

Hold the tension.

<< Pause 5 seconds >>

- ✦ Now release. Smooth out all of the wrinkles and let your forehead relax.

Breathe slowly, smoothly, and deeply.

<< Pause 10 seconds >>

- ✦ At this point allow your whole body to feel relaxed and heavy. Breathe slowly, smoothly, and deeply and relax your arms, legs, stomach, shoulders, and facial muscles. You are in control.

Every time you breathe out, silently say the word “relax” to yourself, and imagine that you are breathing out all of the tension in your body.

Breathe in and out deeply five times, say the word “relax” to yourself and let all the tension disappear. Just let go and relax.

<< Pause 10 seconds >>

Just enjoy the feeling of relaxation until you’re ready to get up.