



PROGRESSIVE MUSCLE RELAXATION

By Teresa A. Hughes, D.D.S.

1. Sit in a comfortable chair or recliner. Relax and close your eyes. Concentrate on how you feel. Relax very slowly. Notice how good it feels to relax.
2. Locate areas of tension and begin to feel the tension floating away. You feel as though you are sinking into the chair.
3. Raise your forehead so it stretches your eyebrows up toward your hairline. Now relax.
4. Tighten all the muscles of your face. Squeeze them tightly...release and relax.
5. Wrinkle your nose...hold it....relax.
6. Put your tongue up behind your top teeth and push on your palate. Now relax so your tongue falls to the floor of your mouth. It feels flaccid.
7. Place your jaw in a normal position and clench your teeth. Release and relax.
8. Thrust your jaw forward like a bulldog. Bring it back really fast and tight and try to pull it back to your head. Relax. Now open your mouth wide.....wider.....now relax. Open it again, wide....wider.....now relax. Close your mouth and relax.
9. Place your head in a normal position. Now touch your chin to your chest. Now place your head back into the normal position and feel it comfortable, then relax.
10. Touch your chin to your right shoulder. Touch your chin to your left shoulder.
11. Return the head to the normal comfortable position. Feel comfortable and relaxed.
12. Tilt your head back until you feel the muscles under your chin stretch. Return your head to the upright comfortable position.
13. Roll your head around your shoulders in big loose circles. Feel the muscles loosen and relax. Return your head to its normal upright comfortable position.
14. Tighten your upper arms and forearms. Now slowly release them and feel each arm relax.
15. Tighten each hand into a tight fist. Squeeze tightly, then relax. Your hands will feel heavy and warm.
16. Tighten every finger on each hand by stretching out your fingers; feel the tension. Relax.

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17. Let your shoulders relax. The shoulders should not move while you are slowly breathing through the abdomen.
18. At this time, raise your shoulders up to your ears. Now move them so they try to meet in front of you. Then move them so they try to meet in back of you....arch your back. Slowly return your shoulders to their normal position.
19. Concentrate on your breathing. Take slow and easy breaths from your abdomen.
20. Take another deep breath in through your nose...hold it...hold it...slowly let it out by exhaling out your mouth.
21. Take another a DEEP breath in through your nose....hold it...hold it....hold it....Now relax slowly and let the air exhale out of your mouth.
22. Now relax your stomach muscles very slowly. Notice how much easier it is to breathe. Notice how much better it feels.



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