

PROGRESSIVE RELAXATION

(Worry Taming for Teens By E.J. Garland & Sandra Clark)

In a chair or lying down on a bed or mat.

Take a deep breath and hold it for 5 seconds. Let it out. Close your eyes.

HANDS

Make a fist with both hands. Squeeze them hard.

(Count to 5)

Let your hands go and relax.

ARMS

Stretch both arms out in front of you. Stretch as far as you can.

(Count to 5)

Let your arms fall back to your sides.

Stretch again, up over your head. Stretch as high as you can.

(Count to 5)

Let them fall back down.

Feel how much better your arms feel when they are relaxed.

SHOULDERS

Pull your shoulders up to your ears. Pull as far as you can.

(Count to 5)

Now relax.

Feel how comfortable you feel.

FACE

Wrinkle up your face as much as you can. Wrinkle up your nose, mouth, eyes, cheeks, and forehead.

Make as many wrinkles as you can.

(Count to 5)

Relax your face.

Feel all the muscles relax.

STOMACH

Tighten up your stomach muscles as much as you can.

Pull your stomach in as hard as you can.

(Count to 5)

Relax, let your stomach go out, let it be as relaxed as you can.

Feel how warm and good it feels.

LEGS

Push your feet down on the floor or into the bed/floor as hard as you can. Push with your legs.

(Count to 5)

Relax your feet and legs and let your toes go loose.

You feel relaxed and warm.

Let your whole body go limp and feel how relaxed all your muscles are.

Open your eyes and slowly shake your arms, shake your legs.

Slowly stand up and take a deep breath. Let out a big, relaxed sigh.

(If it's bed time, you can fall asleep)

