

Progressive Muscle Relaxation — 10-Minute Script

Tense 5 seconds → release 10 seconds → notice the difference. Work top-down or bottom-up. Sit or lie down, eyes closed.

Start: 3 slow breaths — in through the nose (4), out through the mouth (6).

#	Muscle group	How to tense	Tense 5s	Release 10s	Done
1	Hands & forearms	Make fists — curl tight	[]	[]	[]
2	Biceps	Bend arms and squeeze	[]	[]	[]
3	Shoulders	Shrug them up to your ears	[]	[]	[]
4	Neck	Gently press head back (no strain)	[]	[]	[]
5	Face	Scrunch eyes, nose, and mouth	[]	[]	[]
6	Chest	Take a deep breath and hold	[]	[]	[]
7	Stomach	Tighten abs hard	[]	[]	[]
8	Glutes	Squeeze	[]	[]	[]
9	Thighs	Press legs into the floor	[]	[]	[]
10	Calves	Point toes away	[]	[]	[]
11	Feet	Curl toes downward	[]	[]	[]

Finish

[] Scan the body once — let any leftover tension go on the exhale.

[] Notice the difference between “tense” and “released”.

[] Rate relaxation now (0–100): _____ vs. before: _____

Cautions: skip any group that hurts (injuries, pregnancy, recent surgery); tense gently with neck and back problems. Stop if you feel dizzy.