

08.

**Return:** Repeat if you like. To close, notice your breath and where you are.

01.

**Start Where You Are:** Sit or lie down in a position that works for your body. Choose a setting that feels okay for you.

02.

**Breathe:** Breathe in whatever way feels okay. If it helps, breathe in through your nose and out through your mouth. You don't need to hold your breath.

07.

**Go at Your Pace:** Take as much time as you need. There is no right amount of tension or relief. Some people feel release, and some don't.

# Progressive Muscle Relaxation

03.

**Choose an Area:** Start with your feet, or anywhere that feels okay. Skip any area that is painful, injured, or tender.

06.

**Move On:** In your own time, move to other areas: calves and thighs, hands and forearms, shoulders, neck and jaw, face. Leave out any area you prefer to skip.

05.

**Notice:** Notice what you feel as you let go, or what you feel there right now. Whatever you notice is okay.

04.

**Tense and Release:** If it's okay for your body, tighten the muscles lightly, such as curling your toes, for about 5 seconds, then let go. If tensing isn't okay, simply notice that area.