



My Progressive Muscle Relaxation Script

A complete feet-to-face script in three parts, with a check before and after and a week-long practice log. Tense firmly but never to the point of pain, skip any injured area, and keep breathing throughout.

01 Before you start

Settle into your chair or lie down, and let your arms rest by your sides or on your lap. Close your eyes if that feels okay, or rest your gaze on one spot. Take three slow breaths, a little longer on the way out than the way in. Before you begin, notice how your body feels right now, without trying to change it.

How tense does my body feel right now?



Completely relaxed

Very tense

What's on my mind today? (a word or two is enough)

02 Part 1: feet and legs

1. Feet: curl your toes down, as if gripping sand, and hold for five seconds. Let go. Rest for 10 to 15 seconds and notice your feet softening. 2. Lower legs: pull your toes up towards your shins so your calves stretch and tighten. Hold, then let go and rest. 3. Thighs: press your knees together and tighten the fronts of your thighs. Hold, then let go and rest. 4.

Bottom: squeeze your buttocks together. Hold, then let go.

Notice your whole lower body feeling a little heavier against the chair or floor.

What did I notice in my feet and legs?

03 Part 2: tummy, hands and arms

5. Tummy: pull your stomach muscles in tight, as if bracing for a gentle poke. Keep breathing. Hold, then let go and let your belly soften as you breathe out. 6. Hands: make two fists. Hold for five seconds, feeling the tightness in your fingers and wrists. Let go and let your fingers uncurl. Rest and notice. 7. Upper arms: bend your elbows and tighten the muscles at the front of your upper arms, like showing off a muscle. Hold, then let your arms drop back down and rest.

What did I notice in my tummy, hands and arms?

04 Part 3: shoulders, neck and face

8. Shoulders: lift your shoulders up towards your ears. Hold, then drop them and let them stay down. 9. Neck: gently press your head back into the chair or floor, or tuck your chin slightly towards your chest. Go carefully here. Hold, then let go. 10. Jaw: clench your teeth together. Hold, then let your jaw hang loose, lips slightly apart. 11. Mouth: press your lips together firmly. Hold, then let go. 12. Eyes: screw your eyes shut tightly. Hold, then let go, leaving them gently closed. 13. Forehead: raise your eyebrows as high as they'll go. Hold, then let your forehead smooth out. Finish by lying or sitting still for a minute. If any area still feels tight, you can repeat it once. Open your eyes slowly and take your time getting up.

What did I notice in my shoulders, neck and face?

05 Afterwards

Re-rate yourself. It doesn't need to drop to zero. Noticing where your tension lives is useful on its own.

How tense does my body feel now?



Which areas held the most tension?

- ☐ Feet or legs
- ☐ Bottom or hips
- ☐ Tummy
- ☐ Hands or arms
- ☐ Shoulders
- ☐ Neck
- ☐ Jaw or mouth
- ☐ Eyes or forehead

Notes: anything I found easy, hard, or want to change next time

06 My 7-day practice log

Try it once a day if you can, at a time that suits you (just before bed is one option). Note when, how tense you felt before and after on a 1 to 10 scale, and anything you noticed.

Day and time	Before 1 to 10	After 1 to 10	What I noticed
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

When you're done, a moment to reflect

- Where in your body does stress tend to show up first for you?
- What did 'letting go' feel like in the area that held the most tension?
- When in your day could a short version (just shoulders, jaw and hands) help?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.