

CPRI Brake Shop Clinic: Progressive Muscle Relaxation Script

Overview for Adolescents:

Relaxation is an important strategy for dealing with stress, but sometimes being told to relax or “chill out” is easier said than done. Once we are really revved up about something and our engines are at full throttle, it takes a while for our bodies to move back into a neutral and cruise at a relaxed state.

Relaxation Exercises Teach Us Four Things:

First, the exercises teach us to identify stress in our body. You will learn to tense and relax various parts of your body that often respond to stress with increased physical tension. By doing so, you will learn how to recognize when you are stressed and where in your body the stress is affecting you, and also recognize the relaxed feeling that you want to attain in order to return your body to a less agitated state.

Second, you will learn that you have control over the stress in your body. You have the power to change a tense state into a relaxed one.

Third, you will learn how to achieve relaxation through relaxation exercises that take about 20 minutes to complete. However, it is not always practical to stop a stressful activity to take 20 minutes to relax! So, you will also be learning strategies that you can use “on the spot” to achieve a relaxed state instantaneously. These strategies include using deep breathing, doing a full body check for tension and relaxing parts of your body that are stressed, and using visualization scenes that create sense of calmness and peace.

Finally, relaxation allows us to think about our problems more clearly. You will learn how to use a relaxed state to help you think about troublesome situations such that you can come to some resolutions.

Relaxation Instructions:

(All students should lie on their backs on a mat in a large room such as a gym. There should be plenty of space between students. Arms should be by their sides.

Begin with two deep breath and long exhales. Exaggerate the exhales. Terms such as, “making ghost’s sounds” can help students recall the exhales should be long and exaggerated.)

Take a deep breath (hold) and exhale (woooooo)

Take another deep breath, hold it, and exhale (or make ghost sounds) (woooooo)

In your right hand, imagine you have a bright shiny lemon. Now, squeeze that lemon. Feel the tension in your arm and your hand. Hold that tension. Now, relax. Let your whole arm and hand go limp like a wet piece of spaghetti. Imagine the tension in your hands flowing from your arm, through your fingers, and out your fingertips

Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)

Now, in your left hand, imagine you have a bright shiny lemon. Now, squeeze that lemon. Feel the tension in your arm and your hand. Hold that tension. Now, relax. Let your whole arm and hand go limp like a wet piece of spaghetti. Imagine the tension in your hands flowing from your arm, through your fingers, and out your fingertips.

Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)

Now, with your right arm, I want you to make a big bicep muscle; show how strong your muscles are! Hold it! Now relax. Let your arm relax like a wet spaghetti noodle, all the way from your shoulder down through your elbow through your wrist and down to your fingertips. All the tension is now gone. Feel how nice it is for your arms to be without any tension.

Now, with your left arm, I want you to make a big bicep muscle; show how strong your muscles are! Hold it! Now relax. Let your arm relax like a wet spaghetti noodle, all the way from your shoulder down through your elbow through your wrist and down to your fingertips. All the tension is now gone. Feel how nice it is for your arms to be without any tension. Recognize that you are in control of the tension that is in your arms and hands.

Take a deep breath (hold) and exhale (or make ghost sounds) (woooooo)

Imagine that you have a great big gumball in your mouth and that you are biting down on it. Feel the tension in your mouth and your jaw. Feel the tension all over your face. Hold it! Now, relax. Now, imagine that your mouth is now full of soft yummy Jell-O. Your whole face is relaxed, just like someone just wiped your face with a nice warm washcloth. You have no wrinkles on your forehead. Your whole face is smooth and relaxed. Remember to also keep your arms and hands relaxed as they were before.

Take a deep breath (hold) and exhale (or make ghost sounds) (woooooooooo)

Imagine that you are a little turtle, sunning yourself on a warm rock. Oh oh! Here comes danger! A mean looking alligator is coming your way! Go into your shell! Bring shoulders up to ears and chin down to chest. Feel the tension in your shoulders, back, and neck. Hold it! Now relax. Let your shoulder rest on your mat. Let your neck and back relax. Imagine one of those dogs' statues with the bobbing heads. Imagine that your head and neck are that loose. Remember to relax your face, arms, and hands as you did before.

Take a deep breath (hold) and exhale (or make ghost sounds) (woooooooooo)

Now that you look so relaxed and comfy on your mat, imagine that a baby elephant has come into the gym and is making his way toward you. OH NO, I think that he is going to stomp on your stomach. Make your stomach really hard so he can't hurt you. Hold that tension in your stomach. Now relax. Let your stomach go soft and sink into the mat. Imagine that you are sinking into a wonderful soft cloud. Your stomach, shoulders, and neck are all relaxed. Your arms are hanging by your side like wet noodles. Your face is relaxed without any wrinkles and your jaw feels like Jell-O.

Take a deep breath (hold) and exhale (or make ghost sounds) (woooooooooo)

Wee! We just sat on some ice. We have to lift our bums off the mat. Feel the tension in your bum and in your back and in your legs. Hold it! Now, relax. Imagine that you are back on that soft, fluffy cloud and that your whole body is sinking into to a deep state of relaxation. Your bum and stomach and back are totally relaxed and sinking into the mat. Your jaw and forehead are relaxed. Your shoulders, arms, and hand are limp. You have the power to change feeling tense to feeling relaxed and comfortable.

Take a deep breath (hold) and exhale slowly (or make ghost sounds) (woooooooooo)

Wow! At the end of your toes, imagine there are candies hanging on strings. See if you can catch them with your toes. Stretch the legs out

straight like trying to grab something with toes. Hold it! Now relax your legs. Relax your bum and your back as you did before. Imagine you are sinking into a big white mushy marshmallow! Your jaw is relaxed. You have no wrinkles on your forehead. Your arms and hands are totally limp, resting by your side.

Take a deep breath (hold) and exhale slowly (or make ghost sounds) (woooooooooo)

Now take a few minutes to imagine yourself sitting comfortably in your bed with your favorite blanket wrapped around you. You are warm and comfortable. You feel very relaxed and happy. Can you see some of the things in your room that help you to feel relaxed and comfortable? Keep your eyes closed and try to see them.

Take a deep breath (hold) and make ghost sounds (woooooooooo)

Now, we are going to go from this deep sense of relaxation to a nice big stretch. We'll count backward from 5 to 1. When we get to 1, you will have lots of energy, but you will keep this nice relaxed feeling. Five: you are totally relaxed. Four: begin to wiggle about a bit. Three: stretch your arms over your head. Two: slowly begin to stand up. One: Stretch your arms over your head. Bend from side to side and feel the relaxing stretch.

Good job.