

## 10-minute Progressive Muscle Relaxation (PMR) meditation script:

### 1. Introduction (1 minute)

- **Find a Comfortable Position:** Sit or lie down in a comfortable position.
- **Close Your Eyes:** Gently close your eyes and take a deep breath in through your nose, then exhale slowly through your mouth.
- **Focus on Your Breath:** Spend a few moments simply breathing deeply and slowly, letting go of any tension with each exhale.

### 2. Progressive Relaxation (8 minutes)

- **Feet:** Start by focusing on your feet. Tense the muscles in your feet and toes by curling them tightly. Hold for 5 seconds, then release and let them relax completely. Notice the difference between tension and relaxation.
- **Calves:** Move to your calves. Tense the muscles by pointing your toes upward. Hold for 5 seconds, then release and relax.
- **Thighs:** Tighten the muscles in your thighs by pressing them together. Hold for 5 seconds, then release and relax.
- **Buttocks:** Squeeze the muscles in your buttocks tightly. Hold for 5 seconds, then release and relax.
- **Abdomen:** Tense your abdominal muscles by pulling your belly in. Hold for 5 seconds, then release and relax.
- **Hands:** Clench your fists tightly. Hold for 5 seconds, then release and relax.
- **Arms:** Bend your elbows and tighten the muscles in your arms. Hold for 5 seconds, then release and relax.
- **Shoulders:** Raise your shoulders up towards your ears. Hold for 5 seconds, then release and let them drop down.
- **Neck:** Gently press your head back (without straining) to tighten the muscles in your neck. Hold for 5 seconds, then release and relax.
- **Face:** Scrunch up your facial muscles (forehead, eyes, mouth). Hold for 5 seconds, then release and relax.

### 3. Conclusion (1 minute)

- **Whole Body Awareness:** Take a few moments to notice how your whole body feels now. Observe the sense of relaxation and calm.
- **Deep Breaths:** Take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth.
- **Reorient Yourself:** Slowly open your eyes and stretch if you feel like it. Take a moment to bring your awareness back to the present.