

Progressive Relaxation

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Relaxation is something we all yearn for and yet we so often don't get the chance to experience it in its fullness. Somewhat similar to a basic body scan, progressive relaxation practices invite us to cultivate greater relaxation in the physical body, which sends a ripple effect into the mind.

In contrast to body scans however, the progressive relaxation technique involves consciously tensing various body parts before releasing them. This can provide us with a deeper sense of rest and release.

This is a simple progressive relaxation practice that will help you to experience a greater sense of release in both body and mind.

PRACTICE:

1. Find a comfortable space where you can rest on your back safely for ten to fifteen minutes or so. Arms and legs should rest flat on the floor if this feels comfortable for you; otherwise, let your knees be bent (perhaps placing a yoga bolster or rolled up blanket beneath them).

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2. Take a few grounding breaths to settle into this practice – and in a moment, you will begin scanning the body through a process of ‘tension and release’.

3. Once grounded, draw your awareness through each body part starting at the feet, bringing a tightness or contraction to each area before releasing. You might move through these parts of the body in the following order (alternatively, you can do the left side and the right side separately for each region listed in the legs and arms):

- The feet and calves
- The thighs
- The legs in their entirety
- The buttocks
- The stomach
- The back
- The fingers and hands
- The arms in their entirety
- The shoulders
- The jaw and mouth
- The forehead
- The entire face
- The entire body

4. After tensing the entire body in towards its midline, soften completely as you melt into the surface beneath you. Follow the breath mindfully here for a few minutes.

5. Stay here for as long as you like. When you are ready, slowly blink your eyes open as you come back to the space that holds you.