

Progressive Muscle Relaxation

Script Intro

Goal: The goal of this PMR script is to teach athletes and coaches how to move throughout the body to relax the mind and body. This is also to show what a script of your own may look like and how modifications can be made as athletes and coaches become comfortable with the skill. If you like this script and think it would be received well by your team or group of athletes, feel free to use it directly. Find your voice and confidence through speaking and leading.

The Prompt: (leading athletes through PMR during a post-game relaxation session)

Follow below steps and speak bolded sections to the team.

1. Have this script printed prior to team arriving to the location and quiet relaxing music on (if possible)
2. Once everyone has showered/changed and has gathered to the team room or bus -

To help you relax and calm down from competition, I will lead you through a process called progressive muscle relaxation. This will help you relax your mind and body by reducing anxiety and stress. To accomplish the goal of relaxation, I will lead you to tense and then immediately relax muscle groups. As you sit there, I want you to focus on my words and your breathing. PMR has an important role in each of your performances and I want to help you tap into the skill and its benefits. If you have any pain or soreness, you can skip those areas. After I finish leading you through, I will open the floor for a discussion and questions about how PMR can benefit you. Any questions before we begin?

3. Once everyone is settled, begin
4. Follow the script below in a smooth and methodic voice



The Script:

Begin by taking a deep breath...

Notice the feeling of air filling your lungs...and then the breath leaving your body...

And another...

(brief pause)

In through your mouth for 5 seconds, hold for 5, and out through your nose for 5...

Again with me in, 2, 3, 4, 5, hold, 2, 3, 4, 5, out, 2, 3, 4, 5...

Repeat the breath...

(pause long enough for 2-3 breaths)

Release all of the tension that in your body...

If you feel comfortable, close your eyes, or just focus softly on something in front of you...

(brief pause)

Take a deep breath in...

Release the breath slowly...

Feel your lungs empty and fill...

(brief pause)

Now, direct your attention to your feet...

Tense your feet by curling your toes and arch...

Hold on to the tension...

Notice what it feels like...

(3 second pause)

Release the tension in your feet...

Notice the feeling of relaxation...

(brief pause)

Move up your body to your lower leg...

Tense your muscles and hold...

Pay attention to the feeling of tension...

(3 second pause)

Release the tension in your legs...

Again, notice the feeling of relaxation...

(brief pause)

Next, move further up...

With each breath feel your attention slide up...

Stop at your upper legs and pelvis...

Tense the muscles in this area...

Make sure to feel the tightness, without strain...

And release...

Feel the tension leaving your body...

(brief pause)

Tense your stomach and chest...

Squeeze harder...

Hold the tension...

(3 second pause)

Release... Feel your body relax...

Let yourself notice the feeling of relaxation...

Feel your breath go in...and out...

(brief pause)

Now tense your back...

Feel your muscles squeeze...

Hold it...

(3 second pause)

Release...

Feel the tension leave your body...

(brief pause)

Move to your arms and shoulders...

Squeeze your shoulders in tight...

Relax...

Notice your body go limp and relax...feel at ease...

(brief pause)

Tense your neck and face...

Feel your face distort and scrunch up...

Relax...Again feel the tension leave your body...

Finally, tense your whole body...

Feel your entire body tighten...

Tense harder...And hold...

(3 second pause)

Relax...

Feel you entire body go limp...

Notice the feeling of relaxation take over your body...

Notice the difference between tension and relaxation...

(brief pause)

Take a dee breath and begin to wake your body...

Start to slowly move your muscles...

Adjust you seated position...

Stretch...

Take a breath and open your eyes when you're ready.