

# Active Progressive Relaxation

## Active Progressive relaxation Training Script

Lie down or sit in a quiet and comfortable place. Close your eyes but do not force them shut. As you read or listen, let all other thoughts drift out of your mind. Before you begin, take a couple of deep breaths to let your body know who is in charge. Keep your eyes closed comfortably. You are going to take a journey through your body to see if you can notice any areas that are perhaps more tense and need to specifically be relaxed. Tense all of the muscles in the lower part of your body from your hips to the tip of your nose now. Point your toes away from your body with your heels about 4-6 inches apart. Tighten the muscles in your calves, thighs, and buttocks. Feel the tension as you hold. Notice this feeling. 1.2.3.4.. Repeat the words to yourself “LET GO” to yourself and slowly let the tension flow out of your body. Again concentrate on your calves, thighs, and buttocks. Let your toes point upward and flop to the outside. Feel the relaxation. Notice how good it feels. Feel the heaviness and the warmth flowing through the lower body. Let it feel good. If you have any tension anywhere in your lower body “LET GO”. Repeat this aspect if necessary until you feel very relaxed.

Now concentrate on your stomach. Tighten the core muscles now as much as you can. Feel the tension as you hold. Notice the feeling. 1.2.3.4. Repeat the words “LET GO” to yourself and slowly let the tension flow out of your body. Again, concentrate on your stomach muscles. Feel the relaxation. Notice how good it feels and enjoy the feeling for a moment. If there is tension anywhere in your body, “LET GO”.

Concentrate on the muscles of your chest. Tighten the chest muscles now as tightly as you can. Take a deep breath through your mouth and then hold it. As you hold it you may feel tension spots in your chest. Notice where they are. They may surface during your race. Now slowly “LET GO”. Breathe normally and comfortably as if you were sleeping or resting. Make sure you have eliminated the tension spots. Relax your whole body completely.

Tighten all of the muscles from the tips of your fingers to your shoulders, in both arms as tightly as you can now. Raise your arms about one foot off the floor. Clench your fists now. Feel the tension throughout your fingers, hands, arms, and shoulders. Hold it. 1.2.3.4. and feel the tension. Slowly “LET GO”. Let your arms drop, your fingers spread and completely relax. Feel your hands and arms. If there is any remaining tension, notice where it is. You may get tension there while swimming in a stressful situation, so really be aware of what this tension feels like now, so that you can quickly recognize it in the pool. Now “LET GO” and completely relax.

Concentrate on just your fingers. Relax them completely. Feel how warm and heavy they are. Relax your upper arms completely. Eliminate any excess tension.

Now concentrate on the muscles of your upper back, the muscles of between your shoulders and the neck. Tighten these muscles as much as possible now. Feel the tension and hold it. 1.2.3.4. Slowly “LET GO”. Dwell on the feelings of relaxation as you do so.

Tighten your entire body as tightly as you can from the tips of your fingers to the top of your toes now. Hold it.

1.2.3.4. Slowly “LET GO” and completely relax your entire body. If you have any residual tension remaining anywhere in your body, “LET IT GO”.

If there are any places in your body where you have a tendency to feel extra tension, attempt to eliminate it by repeating the appropriate exercise.

Imagine a pleasant scene, like walking along a beach on a warm, sunny day or any calming place where you feel relaxed. Let your whole body feel calm and relaxed. Enjoy these feelings. Slowly take a couple of deep breaths. Inhale deeply into your stomach 1.2.3.4. and then exhale slowly 1.2.3.4. Feel your body get more and more relaxed. Breathe normally, smoothly, and calmly.

- 1) Record the script into a tape recorder to make it easier to utilize.
- 2) Practice regularly
- 3) Use the script prior to practicing any mental skills
- 4) Try to have fun and enjoy the relaxation