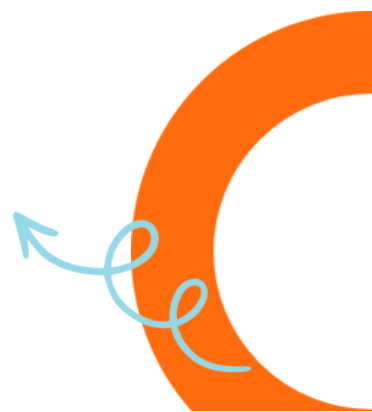


# Progressive Muscle Relaxation

1. Find a comfortable and quiet space for your young person to sit or lie down. Encourage them to close their eyes if they feel comfortable doing so.
2. Let them know that during this exercise, each muscle will be tensed, but not to tense to the point of strain. If they have any injuries, just skip the affected areas.
3. Now, bring their attention to their body. Remind them that it is perfectly normal if their mind starts to wander during this practice. Encourage them to just notice any thoughts as they arise and then to gently let them go, refocusing their attention back to their body.
4. Bring their attention to their feet. Ask them to point and flex their feet and to hold that tension for 5 seconds. Then instruct them to release the tension and notice the new feeling of relaxation.
5. Next, bring their attention to their lower legs. Ask them to squeeze their calves for 5 seconds and then to release the tension. Next ask them to tense the muscles in their upper legs by squeezing their thighs together. Ask them to hold the tension for 5 seconds and then release.
6. Bring their attention to their stomach. Ask them to tense their stomachs by sucking it in and then holding the tension for 5 seconds before releasing it.





7. Next, instruct them to squeeze their shoulder blades together and to hold that tension for 5 seconds before releasing the tension from their backs.
8. Ask them to tense their arms by making fists and squeezing all the muscles from their hands to their shoulders and then release that tension.
9. Next, ask them to lift and squeeze their shoulders towards their ears for 5 seconds before dropping their shoulders back down.
10. Bring their attention to their neck and ask them to gently roll it side to side for 5 seconds before bringing their neck back to a relaxed position.
11. Ask them to scrunch their facial features to the centre of their face and to hold that tension for 5 seconds before releasing it.
12. Lastly, ask them to tense their entire body for 5 seconds and then release.
13. When the time feels right, gently guide them to bring their attention back to the space around them.
14. Take a moment to check in with your young person and discuss any observations they may have had during the practice.
15. Encourage them to practice this mindfulness activity regularly.

