

Squeeze and Release Script

This exercise is called the squeeze and release, it'll bring attention to different parts in your body. This is a great exercise to do before bed to help you drift off.

This exercise is typically done lying down on a mat blanket or bed. Seated is OK too.

And I would invite you to close your eyes or if you prefer to keep them open.

Let's take some, slow soft breaths.

B

B

B

start by just noticing your feet...

Wiggle your toes...

Now I invite you to squeeze the muscles in your feet tight tight tight and hold this tightness (hold for 5 seconds)

And release.

Let's try it again...notice your feet wiggle those toes squeeze the muscles in your feet tight tight tight hold it here and release.

Let's move to a different part of your body and move your attention up your legs thinking about your left and your right leg and squeeze your leg muscles tight tight tighthold ...and release.

Now imagine moving up your body to your bottom and your lower back squeeze this area tight tight tight and relax.

Next move to your belly, squeeze and relax now to your chest, squeeze and relax. Now let's think about your shoulders. Squeeze them up up up to your ears and relax.

Squeezing your arms into your body and relax your neck tightening your neck and relax. And now for your face, squeeze your cheeks, your nose, your eyes tighten it all up and hold it for a couple seconds here and release and now you've moved through your entire body let's squeeze the whole body tight tight tight and relax.

Now bringing this exercise to a close, let's take three soft, slow, mindful breaths together, feeling your body sink into the mat, blanket or bed beneath you.

let yourself soak in the sense of relaxation for a little bit.

