



TERMS OF USE

This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

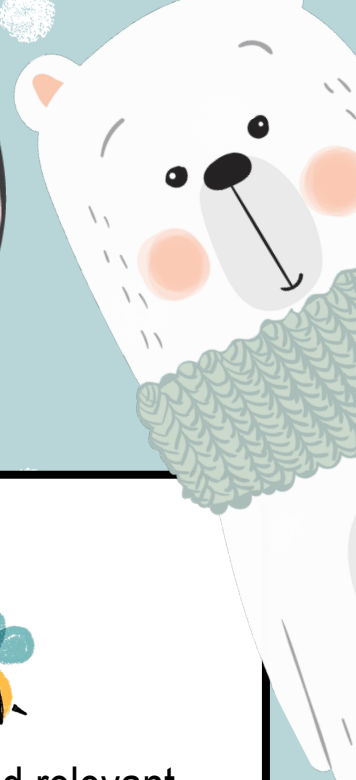
No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

Thank you for abiding by copyright law.



www.elsa-support.co.uk

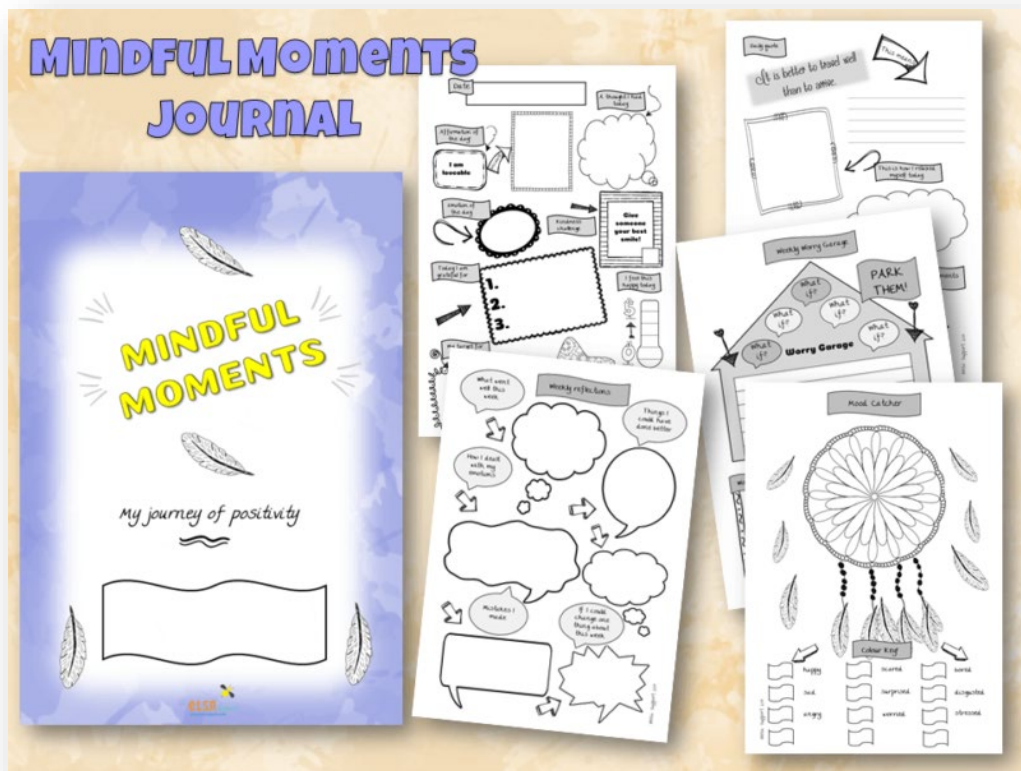




Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

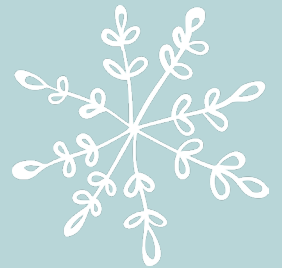


www.elsa-support.co.uk



Advent

6



Winter Progressive Muscle Relaxation

Try this progressive muscle relaxation and see how relaxed you can make yourself feel.

Just as snow blankets everything in quiet and calm, progressive muscle relaxation can help you to achieve a sense of relaxation in your body and mind. Lay down, get comfy and close your eyes.

1. Imagine you are laying in a snowy landscape. You are surrounded by snow and the snow supports every part of your body. Close your eyes and take a deep breath through your nose. As you exhale through your mouth feel the release of tension and stress.
2. Start with your hands. Imagine your hands as soft, fluffy snowflakes, gently resting on the ground. Squeeze your hands into fists, just like snowflakes coming together to make a snowball. Then slowly open your hands and let go of the snowball.
3. Move to your arms. Picture your arms as tree branches, covered in snow. Lift your arms gently, as if they were reaching for the sky. They will feel heavy from all of the snow resting on them. Shake off the snow and feel all your muscles relax.
4. Imagine your shoulders as snow-covered hills. Lift your shoulders gently, just like hills rising in the distance. Then lower your shoulders slowly. Feel your shoulders relax.
5. Picture your feet as the roots of the trees, anchored in the snow-covered ground. Tense your feet by curling your toes gently, like roots gripping the earth. Then slowly relax your feet.
6. Imagine your thighs are like the trunks of trees, holding up the snow laden tree. Gently tighten your thigh muscles,. Now, slowly relax your thighs, and feel the tree shudder as it lets go of some of the snow.
7. Focus on your chest and tummy. Picture your chest and tummy as a snow-covered field. Take a deep breath in through your nose and feel your chest and tummy tighten as it fills with air. Breathe out slowly through your mouth and feel your chest relax.
8. Imagine a frosty morning. Raise your eyebrows as high as you can, creating wrinkles on your forehead. Hold, and then release, letting your forehead become smooth and relaxed.

Enjoy the feeling of relaxation. Slowly open your eyes. Notice how calm and peaceful you feel, just like a winter landscape after a fresh snowfall.