**PMR Ai Voice Video VR V002**

Welcome to progressive muscle relaxation. This exercise we are going to do now is a simple yet powerful way to release stress. It involves tensing and then relaxing different muscle groups to reduce physical and mental tension.

Let's begin by getting comfortable. Sit down in a relaxed position. Take a moment to adjust your body and make sure you're comfortable.

Inhale slowly through your nose, filling your lungs, and exhale gently through your mouth. Continue this deep breathing for two more counts. Inhale.

Exhale. Inhale. Exhale.

As we progress, we'll focus on different muscle groups. When prompted, tense each group for a few seconds, then release completely, letting go of all tension. We will start by focussing on your legs.

Raise the legs slightly above the ground and push your feet downwards. Push them down slowly and hold them tight. Now move the feet towards you, facing you.

Bend them as much as you can. Feel the tension in your knees, your ankles, and your toes. And relax.

Allow your legs to deeply relax. Move them back into original position. Relax and take regular breaths.

Feel your legs and how relaxed they are. Now let us bring our attention to the chest. This exercise will help with your breathing.

Take a deep breath and feel your chest moving up. Release. Feel the rise and fall of the diaphragm.

While you take those deep breaths, tuck your stomach in. Deep breath and in goes the tummy. Release and notice how your stomach relaxes.

Adjust your position and continue taking relaxed breaths. As the breath travels around your body, bring your attention to your shoulders and neck. Keep your hands straight and slowly start lifting your shoulders up as if they are touching your ears.

Now, gently, very gently, tilt your head backwards, looking up in the sky. Stay here for a while and continue to breathe regularly. All the muscles at the back of your neck are activated.

Relax. Slowly come back to original position. Focus on the muscles in your neck and feel how tight they were and how relaxed they are now.

Slowly raise your shoulders back up again and very gently rotate them. Move them in an easy manner and feel the tension leaving the shoulders. Go over your body mentally.

And notice how your legs, chest, stomach, neck and shoulders are all relaxed. Now, Anna, tense the muscles of your arms. Begin by making fists with your hands.

Hold them tight. Feel the tension in those muscles. Slowly raise your hands with the fists still held tight.

Now, drop your arms and release the tension by opening your fingers. Imagine a warm wave of relaxation flowing down from your shoulders to your fingertips. Let us now focus on your face.

Gently tense up the muscles around your eyes by closing them shut. Clench your mouth. The jaw should feel tight.

Focus on that tension in your eyes. In your forehead and your jaw. Hold this for a while and then let go.

Gently open your eyes and feel the tension moving away. Take deep breaths and feel the breath caressing your eyes, forehead and jaws. Loosen up the muscles.

Stay in the moment and feel relaxed. Slowly open your eyes. Feel the bright light on you.

All the negative thoughts, fears are fading away from you and filling you with light. Take a deep breath. Inhale and exhale.

Bring the attention back to your body. Your body is all calm and relaxed and you feel very happy. This exercise will help you notice when your muscles involuntarily tense.

Practise this regularly and feel the difference. Give yourself credit for making it to the exercise and to the end of it today.