

## **Controlled Breathing and Muscle Relaxation Script**

I've noticed that with all these new skills we are learning today you may be feeling nervous about how you will practice and use them in your clinical setting.

Would you like to learn a way to help you feel more relaxed and focused?

Good

So this is a really nice technique that allows you to feel quite calm and relaxed

And it's very simple, very easy instructions to follow

And it only takes a few minutes

But it can make you feel very much calmer and that can allow you to be comfortable

Is that something that would interest you?

- Sure, sounds good

All right so just sit back comfortably in any way you like

And you can do this with your eyes open

Or you can just allow your eyes to close, or just half close

And what I'd like you to do is just take a big slow breath in

That's right

And slow breath out, just deliberately slow it down so it takes about six or seven seconds to breathe out

And then another slow breath in

That's right

And as you breathe just

Notice one aspect of your breathing, whether it's your chest moving or whether it's the air moving through your nose

Just notice as your breath comes in

And that it goes out, that's right

And then sometimes you can breathe in

New ways of doing things, feeling good

And sometimes you can blow away things might be bothering you

Things that might be worrying you

Just continue to take some

Slow, deep breaths

Just noticing movement of your chest

You may notice that as you breathe notice how

focused you can become

Now you can develop a sense of calmness

And as you breathe out, now each time you breathe out I'd like you to blow some of that relaxation that you may be noticing

Some of that calm and relaxation

Down from the top of your head, through the muscles in your head, scalp

And the muscles in your forehead and your face

And just take a moment to allow them to relax and feel at ease

Each breath in, pretty strong and each breath out find more relaxation down through every muscle, every fibre

More and more focused

All the way down from the

Top of your head

Gliding it down through your shoulders and your neck

Into your arms

May feel your arms getting heavier

Breathing in the strength, and blowing a sense of warmth, a sense of calm, a sense of relaxation

All the way down through your chest, into your abdomen

That's right

Each breath in breathing in more strength, possibility

And each breath out blowing more relaxation down through your muscles

You may notice yourself feeling heavier in the chair

That's right

Continue to breathe in strength and confidence

And each breath out, just blow away the relaxation and warmth and calm down through your body all the way down to your toes

Through your muscles in your legs, in your knees, your calves

You may feel your heels heavy on the bed

And just take a moment now all by yourself

Just to continue to breathe in

And blow that relaxation down through your body

Feeling more and more calm

More and more at ease

You're doing great

And whenever you're ready, you can come back in the room

How was that?

Good