

Releasing Physical Tension

By Rene Bastarache, CI

NOTE: This script uses a body scan and progressive relaxation techniques to help clients release physical tension, alleviating the weight of fatigue and encouraging a sense of lightness and ease in the body.

SCRIPT STARTS HERE:

Turn your attention inward, allowing yourself to notice the sensations within your body, as though you're gently checking in with each part of yourself. There's no need to fix or change anything—just observe, like a traveler exploring a peaceful landscape.

Bring your focus now to the top of your head, imagining a soft, soothing wave of relaxation beginning here, flowing gently down. Feel it moving across your forehead, softening any tightness, and into your temples, easing away any strain.

Let this wave continue down through your face and jaw, releasing tension you may not have even realized was there. As it moves into your neck and shoulders, sense the weight of the day dissolving, as though these areas are being bathed in calm, comforting energy.

Now, direct your awareness to your arms, letting the relaxation flow down through your upper arms, elbows, forearms, and all the way to your fingertips. Feel your arms growing heavy and warm, completely at ease.

Bring your attention to your chest and back, allowing the soothing wave to melt away any tightness in these areas. Imagine it spreading through your ribs and into your lungs, where each breath becomes a source of calm and renewal.

Let the wave flow further, into your abdomen, releasing any knots or heaviness, and then into your hips and thighs. Feel the support beneath

you, as though the surface is carrying the full weight of your body, allowing your legs to relax completely.

Continue this wave down through your knees, calves, ankles, and finally into your feet, where any last traces of tension simply flow out, leaving you feeling grounded and light.

As your entire body rests in this state of ease, notice how it feels to let go completely, to allow every muscle to soften and relax. Imagine this relaxation sinking deeper into your body, soothing every cell, and replacing fatigue with calm vitality.

Know that this sense of ease and comfort is always available to you, ready to return whenever you need it. For now, enjoy this moment of release, feeling lighter, freer, and more at peace.