



Progressive Head and Shoulders Relaxation

Sit or lie down and make yourself comfortable.

Allow your attention to focus on your body. Take a deep breath in, through your nose, down all the way to your baby, and exhale slowly through your mouth. Again. As you breathe in, notice your stomach rising as you transport oxygen to your baby, and as you exhale, imagine the tension in your body being released and flowing out. And again inhale ... and exhale. Feel your body already relaxing.

Start by closing your eyes as tightly as possible, hold for about five seconds, and don't forget to breathe... Abruptly release - feeling that the tension fades away.

Breathe in peace ... and breathe out tension ...

Tighten the muscles in your forehead by raising your eyebrows as high as you can. Hold for five seconds. And release the tension ...

Now, make a tight grimace, hold for 5 seconds ... and let go of the tension.

Inhale... and exhale ...

Clench your teeth and hold for 5 seconds ... let go of the tension ...

Press your lips tight together for 5 seconds ... and let the tension fade away completely ...

Tense your neck and shoulders ... and relax. Repeated this step. Tense your shoulders and your neck for 5 seconds, and release the tension. Allow your shoulders to sink to their natural level.

Take your time, and relax completely ... Let your face go completely lax, as though you were sleeping. Your whole face feels completely relaxed. It is free of any tension.

Recognize how this relaxation of your face and your shoulders relaxes the rest of your body. You feel very peaceful. Your breathing is soft and slow. Enjoy this feeling of warmth and well-being, of happiness, and complete relaxation.

You know that you can easily access this feeling of peace whenever you need to. You know that you are capable of birthing your baby – no matter how, where, and when. You and your baby are working together. You know that you can feel just as relaxed as you do now when you give birth to your baby. And therefore, you look forward to birthing your baby as an amazing experience. You are strong and confident.

Now slowly open your eyes, come back to the here and now, feeling refreshed and ready.