



De-Stress Tool
by Stephanie S. Covington

This free resource is offered by:



STEPHANIE S. COVINGTON, Ph.D.

2000 Triunfador Lane, Rescue, California 95672

Phone: (530) 864-6834 Email: kim@stephaniecovington.com

www.stephaniecovington.com and select "Bookstore" from the "Books" drop down menu

Progressive Muscle Relaxation

1. Get comfortable. Take a few moments to relax.
2. Focus your attention on your feet. Slowly tense the muscles in your feet. Squeeze as tightly as you can. Hold
3. Relax your feet. Focus on the tension flowing away and the way your feet feel limp and loose. Breathe
4. Now tense the muscles in your calves. Hold
5. Relax your calves. Feel the tension flow away. Breathe
6. Now tense the muscles in your thighs. Hold
7. Relax your thighs. Feel the tension flow away. Breathe
8. Tense the muscles in your hips and butt. Hold
9. Relax your hips and butt. Feel the tension flow away. Breathe
10. Tense the muscles in your stomach. Hold
11. Relax your stomach. Feel the tension flow away. Breathe
12. Tense your chest muscles. Hold
13. Relax your chest. Feel the tension flow away. Breathe
14. Tense your back. Hold
15. Relax your back. Feel the tension flowing away. Breathe
16. Tense your arms and hands.
17. Relax your arms and hands. Feel the tension flow away. Breathe
18. Tense the muscles in your neck and shoulders.
19. Relax your neck and shoulders. Feel the tension flow away. Breathe
20. Tense the muscles in your face. Hold
21. Relax the muscles in your face. Feel the tension flowing away. Breathe

Palms Up Palms Down



Sit comfortably with your back straight. Close your eyes and take a few deep breaths while counting to four. Do this until your breathing is slow and relaxed.

Hold your hands gently in front of you with your palms up and imagine them holding all of the negative, or upsetting, thoughts and feelings you have had today.

Now turn your palms down. Imagine yourself emptying your hands of all of the negative, or upsetting, things you've been carrying around today. Let go of them.

Keep breathing slow. Now turn your palms up. Your palms are open to receive positive energy, positive thoughts and feelings. Your palms are open to receive support and help.

Now slowly open your eyes.

STEPHANIE S. COVINGTON, PhD, LCSW

Institute for Relational Development | Center for Gender and Justice

7946 Ivanhoe Avenue, Suite 201 B, La Jolla, California 92037

Phone: (858) 454-8528 Fax: (858) 454-8598

www.stephaniecovington.com

www.centerforgenderandjustice.org