

Script 1

Progressive Muscular Relaxation Training with Muscle Tension.

This recording has been produced by Professor Leslie G Walker, Director of the Oncology Health Centres, Hull and East Yorkshire Hospitals NHS Trust, and The University of Hull.

The recording is copyright, and should only be used under the supervision of the health professional who issued it.

I shall assume that you are sitting or lying in a comfortable position.

Just spend a moment or two now making yourself as comfortable and relaxed as you can. Relax as completely as you can. Relax!

In a moment, to help you relax even more, clench both fists then count out loud to 3 with me, and say the key word, "relax!". Now, clench both fists tightly. Notice the tension in the hands and your arms. Now count out loud with me 1, 2, 3, relax! Now relax and notice the difference between tension and relaxation. Concentrate on the sensation of relaxation as it replaces the uncomfortable feeling of tension. Allow the process of relaxation to continue. Focus on the relaxation, and let it spread through your fingers, your hands, your wrists and your arms. That's good. Now once again clench your fists. Notice the tension. Count out loud and say relax with me once more now - 1, 2, 3, relax! Relax, and notice the difference between muscular tension and relaxation. Enjoy the feeling of relaxation.

Now spread your fingers outwards and upwards. Bend the hands back at the wrists, so the muscles in your hands and forearms become tight. Now count with me aloud and say relax! - 1, 2, 3, relax. Let your hands and fingers return to a comfortable resting position. Once more notice the difference between tension and relaxation. Let go of all the tension and enjoy the comfortable feeling of relaxation. More and more comfortable. More and more relaxed. Once again, spread your fingers outwards and upwards. Feel the tension. And this time, out loud on your own, count to 3 and say relax! Count to 3 and say relax now in your own time. Let the relaxation replace all the tension in your arms and hands. More and more relaxed. More and more comfortable. Enjoy the feelings of relaxation. That's good.

Now clench your hands and bring them up to your shoulders so as to tighten your arm muscles. Hold the tension, and out loud on your own, count to 3 and then say relax. Let your arms find a comfortable resting position now. Notice the difference between the tension you felt and the relaxation you now feel. Continue to let the muscles go limp, slack and floppy. More and more relaxed, more and more comfortable. Once more, try to touch your shoulders with your clenched hands. Hold it, and count to three, and say relax out loud now on your own. Relax. Let the muscles go limp, slack, floppy. Let the muscles relax completely, and enjoy the feeling of relaxation.

Now direct your attention to the shoulder areas on both sides. Bring both shoulders up around your ears as if you wanted to touch your ears with your shoulders. Notice the tension in your shoulders and neck. From now on, when I ask you to count and say relax, do so in your own time silently. Now silently on your own say the key words

1, 2, 3, relax! Let both shoulders return to a comfortable position and just keep letting go of the tension. More and more relaxed. Let the feelings of relaxation spread into all the parts of your shoulders. More and more comfortable. Enjoy the feeling. More and more relaxed. More and more at ease. Once again bring both shoulders up to touch your ears. Feel the tension and hold it. Now silently on your own count to 3 and relax. Let go all of the tension, relax more and more deeply. Let the muscles of your shoulders and neck become limp, loose and floppy. Become comfortably relaxed. Enjoy the feeling of letting go the tension. Let the relaxation spread throughout your whole body. That's good.

And now the muscles of your forehead. Open your eyes wide, feel the tension and hold it. Think the key words now; 1, 2, 3, relax. Smooth out your forehead. Let the muscles become limp and slack. Let the relaxation flow in as the tension flows out. Let the muscles of your eyes and forehead become more and more relaxed. Let yourself relax more and more deeply, and enjoy the feelings of relaxation.

Now close your eyes tightly so that you can feel the tension round about your eyes. Hold it. Think the key words 1, 2 3, relax now. Relax! Relax the muscles as fully as you can. Let go of the tension. Notice the difference between muscular tension and relaxation, and let yourself become more and more relaxed. Relax. Once again close your eyes tightly. Hold it, count to 3 and relax now. Let the comfortable feelings of relaxation grow and spread. Let the relaxation flow in, as the tension flows out. That's good. More and more relaxed. More and more comfortable. More and more at ease.

Now gently clench your teeth together and study the tension in your jaws. Count to 3 and relax now. Relax! Let your lips part slightly. Relax! Enjoy the feeling of relaxation. Once again gently clench your teeth together. Feel the tension in your face, chin and mouth. Think the key words 1, 2, 3, relax now. Notice the difference; enjoy the relaxation. Notice how good the relaxation feels. Notice how, as you become more and more relaxed, your body feels more comfortable and you feel more and more at ease.

Now purse your lips. Press your lips together, feel the tension around your mouth. And hold it, count to 3 and relax now. Let go of the tension. Enjoy the feeling of letting go. That's right. That's good. Enjoy relaxing.

Now tilt your head forward so that your chin is pressing on your chest. Feel the tension and hold it. Count to 3 and relax now. More and more relaxed. More and more comfortable. Relaxing deeper and deeper. Once more touch your chest with your chin. Hold it, count to 3, and relax now. Let your head return to a comfortable resting position right now. Just relax further and further, deeper and deeper. More and more comfortable. More and more at ease.

Now direct your attention to the muscles of your upper back and stomach. Stick out your chest and stomach so that you can feel tension there. Count to 3 and relax now. Let your body once again rest comfortably against the back of the chair, floor or the bed. Let the feelings of relaxation flow in as the tension continues to flow out. Once again stick out your chest and stomach. Notice the tension. Count to 3 and relax now - 1, 2, 3, relax! Let go of all the tension. Just enjoy the feeling of relaxation. Breathe easily and freely. Notice that as you breathe out the feelings of relaxation increase,

with each and every breath. More and more relaxed. More and more comfortable. More and more at ease.

Now tighten your stomach muscles as if you're about to receive a blow. Notice the tension; count to 3, and say relax now. Relax. Let the muscles go limp, loose, slack, floppy. Notice the contrast, and enjoy the feeling of relaxation. Once again tighten the muscles of your stomach. Now count to 3 and relax. Breathe normally and easily. Enjoy the feelings of relaxation. Enjoy the comfortable feelings of being relaxed. Good.

Now press down your heels as hard as you can. Hold it, notice the tension, count to 3 and relax now. Let the muscles of your legs relax. Let the muscles relax completely. Let them relax deeper and deeper. Once again press your heels downwards, press down, notice the tension, and think the key words 1, 2, 3 relax now. Let the muscles go loose, limp, loose, slack, floppy. Let the muscles of your thighs and legs relax and enjoy the feelings of relaxation.

Now tense the calf muscles and pull your toes towards your head, upwards towards your head. Feel the tension, study the tension, hold the tension, and count to 3 and relax now. Relax the muscles relax more and more. Let the relaxation response grow, let it deepen, and enjoy the comfortable feeling. Once more please point your toes upwards, study the tension and count to 3 and relax now. Let the muscles relax further and further, let the muscles relax more and more deeply. Enjoy the feeling, the feeling of being relaxed.

Now spend a few moments enjoying the pleasant sensation of mental and physical relaxation. A comfortable feeling. A feeling of calmness. A feeling of tranquillity. A feeling of self-confidence. A feeling of being at ease. A feeling of being very much in control of your feelings, moment by moment. And if you are aware of any tension anywhere in your body, just spend a moment relaxing it away. Just concentrate on it, count to 3, and think the word "relax". Enjoy the feeling of relaxation. Let the relaxation flow over your entire body. Let go of all the tension. Let the feelings of relaxation grow. Let the relaxation spread deeper and deeper. Enjoy the feeling of relaxation. A feeling of calmness. The comfortable feeling of being relaxed. For a few moments more go on feeling relaxed, enjoying the feelings, deeper and deeper.

In a moment I'm going to count backwards from 5 to nothing. When I get to nothing, open your eyes feeling relaxed, feeling calm, feeling refreshed and completely awake. 5, 4, 3, lighter and lighter, 2, 1, nothing! Open your eyes, continuing to feel relaxed, calm, refreshed. Completely awake: completely awake now.

When you get up, please do so slowly. And before you operate any machinery or carry out any task that requires sustained concentration, please make sure you are completely awake and alert.

This ends the recording.

© Professor Leslie G Walker - Revised 17 May 2007

Script 2

Relaxation Training (Without Muscle Tension)

This recording has been produced by Professor Leslie G Walker, Director of the Oncology Health Centres, Hull and East Yorkshire Hospitals NHS Trust, and The University of Hull.

The recording is copyright, and should only be used under the supervision of the health professional who issued it.

Spend a moment or two getting yourself as comfortable as you can. Relax, and, if you wish, close your eyes now. Focus your mind on your hands, fingers and arms. Notice how your hands, fingers and arms feel. And, in your own time, think the keywords 1, 2, 3, relax! and let these muscles relax completely. In your own time now, think the keywords 1, 2, 3, relax! Relax more and more deeply. Let the feelings of relaxation grow and spread. More and more at ease. Let the muscles relax even further, even deeper. Let yourself become more and more deeply relaxed.

Let the relaxation spread into your shoulders and into the muscles of your back. Let your shoulders and back become very, very relaxed. And, as you concentrate on these muscles, think the keywords 1, 2, 3, relax. And let the muscles relax even further now. Feel the relaxation going deeper and deeper. More and more deeply relaxed. That's very good indeed.

Now let the relaxation spread into your neck muscles. Let your head and neck find a comfortable position. And as you think the keywords 1, 2, 3, relax, relax!. Let the muscles become more and more relaxed. More and more comfortable. Become more and more at ease. And now the muscles of your head forehead and eyes. As you concentrate on your head forehead and eyes, so you can let your muscles become very relaxed. Just think the keywords 1, 2, 3, relax, relax the muscles. And as they become more and more relaxed, notice that they feel more and more comfortable.

Let the muscles of your mouth, jaws and neck relax. Relax these muscles by thinking the keywords 1, 2, 3, relax now. Let go all the tension in the muscles of your mouth, jaws and neck. Relax the muscles in your head, in your forehead, in your mouth, in your tongue, in your face. Relax more and more deeply, let the relaxation flow in as the tension flows out, more and more relaxed. The feeling of relaxation growing, spreading and deepening. That's good.

And now become aware of your breathing. Notice how as you breathe out, you feel more relaxed. More comfortable. More at ease. As you breathe freely, and easily, and normally, feel the relaxation growing and spreading with each breath. More and more deeply relaxed.

Relax the muscles of your chest, your stomach and your back. Let the muscles relax fully. On your own, think the keywords now. Deeper and deeper, more and more relaxed, more and more comfortable.

Let the relaxation flow down to your lower back and hips. Let these muscles relax more and more, let the tension melt away, just let it dissolve and let the relaxation replace

it. Notice how relaxed your body is feeling now. Notice how calm and peaceful you can feel. Let your thighs and legs become more and more relaxed as you concentrate on these muscles. And as you think the keywords now, relax as deeply as you can. Relax! Notice how relaxed your thighs and legs can become.

And now the ankles your feet and your toes. Let your ankles feet and toes relax. Let the tension go completely. Relax more and more deeply now. Let your body become more and more relaxed, keep relaxing more and more, further and further, deeper and deeper, as much as you want to. And enjoy the feeling. Spend a few moments enjoying the pleasant feeling of relaxation as your whole body continues to relax you can feel so very comfortable. So very relaxed. So completely at ease. So much in control of your feelings moment by moment.

And if you want to, relax even more deeply, if you so wish. Picture a pleasant scene. A place which is very special to you. A place where you feel so very relaxed and comfortable. A real place or an imaginary one as you prefer. Become as absorbed in it as you can, so that for just now it's as if you were really there. Picture it as clearly as you can. Become aware of colour, shape, shades, sounds, temperature, smell. Notice what all you can experience. What all you can feel. Relaxed and comfortable in your special relaxing place. Enjoy your experience. Enjoy the relaxation you feel in your special place. Perhaps a feeling of relaxation, calmness, peace, confidence. Enjoy your special place for a few more minutes. Enjoy these pleasant feelings. And now let the image fade, let the scene dissolve now. But you can go on feeling relaxed, you can go on feeling comfortable.

And in a moment I'm going to count backwards from 5 and when I get to nothing, open your eyes feeling relaxed, calm and refreshed and completely awake. 5, 4, 3, lighter and lighter, 2, 1, nothing. Open your eyes now feeling refreshed, relaxed, calm, and now completely awake.

When you get up, do so slowly. And before you operate any machinery or carry out any task that requires sustained concentration, please make sure you are completely awake and alert.

This ends the recording.

© Professor Leslie G Walker - Revised 17 May 2007

Script 3

Progressive Muscular Relaxation with Healing Imagery

This recording has been produced by Professor Leslie G Walker, Director of the Oncology Health Centres, Hull and East Yorkshire Hospitals NHS Trust, and The University of Hull.

The recording is copyright, and should only be used under the supervision of the health professional who issued it.

I am assuming that you are sitting or lying down in a comfortable position.

First of all spend a moment or two making yourself as comfortable and relaxed as you can. Just relax as completely as you can. Relax!

If you would like to relax even more, just clench both fists now. That's right, and say out loud with me now 1, 2, 3, relax! That's good. Relax, and notice the difference, the difference between tension and relaxation. Notice what it feels like when relaxation replaces tension. Let the process of relaxation deepen. Focus on the relaxation and let it spread through your fingers, your hands, your wrists and your arms. That's good. Now once again clench your fists, notice the tension and say out loud with me once more 1, 2, 3, relax. Relax, and notice the difference. Enjoy the feelings of relaxation.

Now spread your fingers outwards and upwards. Bend the hands back at the wrists so that the muscles in the hands and forearms become tight. Say with me now; 1, 2, 3, relax. Let your hands and fingers return to a comfortable position and notice the difference between tension and relaxation. Enjoy the comfortable, pleasant feeling of being relaxed. More and more relaxed, more and more comfortable, more and more at ease. Now clench your fists again and bring your hands up to your shoulders, so as to tighten your arm muscles. Hold it. Now, on your own out loud, say 1, 2, 3, relax! That's right, just let the muscles go limp, slack, loose, floppy. Let them relax completely and enjoy the feelings of relaxation.

Now focus your attention on the shoulder areas on both sides. Bring both shoulders up towards your ears as if you wanted to touch your ears with your shoulders. From now on, when I ask you to count and say relax, do so in your own time silently. Now silently on your own count to 3 and think the word, relax! Let both shoulders return to a comfortable resting position. Keep letting go the tension. Keep letting the relaxation grow and deepen. Notice the feelings of relaxation spreading into all the parts of your shoulders. More and more relaxed, more and more comfortable. Let the relaxation spread all over: let it spread throughout your entire body. Good.

Now concentrate on the muscles of your forehead. Open your eyes wide, feel the tension, hold it, count to 3 and relax now. Smooth out your forehead. Let the muscles become limp, loose, slack, floppy. Let the relaxation flow in as the tension flows out. Let the muscles of your eyes and forehead become more and more relaxed. Let your body become more and more relaxed all over. Let the relaxation grow and deepen all over.

Now close your eyes tightly so that you can feel tension round about them. Hold it for a moment, count to 3 and relax now: 1, 2, 3, relax! Relax the muscles as fully as you can. Let go the tension and notice the difference as you become more and more relaxed, more and more comfortable, more and more at ease. That's good!

Now gently clench your teeth together, study the tension. Count to 3 and relax now. Relax. Let your lips part slightly. Relax. And enjoy the feeling, the feeling of relaxation. Now press your lips together, notice the tension around your mouth. Hold it for few moments, count to 3 and relax now. Let go the tension. Enjoy the feeling of letting go. Relax deeper and deeper.

Now tilt your head forward so that your chin is pressing on your chest. Notice the tension, hold it a few moments, count to 3 and relax now. More and more deeply relaxed. More and more comfortable. More and more at ease.

Now concentrate on the muscles of your upper back and stomach. Notice what these muscles feel like just now. Stick out your chest and stomach so you can feel the tension. Count to 3 and relax now. Let the feelings of relaxation grow and spread. Let the feelings of relaxation deepen. That's very good indeed.

As you breathe easily and freely, notice that, as you breathe out, the feelings of relaxation deepen each time you breathe out. Relax a little bit more. More and more relaxed, more and more comfortable, more and more at ease.

And now your stomach muscles, notice how they feel. Tighten them as if you were about to receive a blow, notice the tension, and count to 3 and relax now. Relax. Let the muscles go limp, let the muscles go slack. Notice the contrast, and enjoy the feeling of the feeling of relaxation.

Now press down your heels as hard as you can, both heels. Hold the tension, notice the tension, now count to 3 and relax. Let the muscles of your legs relax. Let the muscles relax completely. Relax more and more. Relax deeper and deeper. Enjoy the feelings of relaxation.

Now tense the muscles of your calves by pointing your toes towards your head, upwards to your head. Feel the tension, hold it, count to 3 and relax now. Relax! Let the muscles relax deeper and deeper, further and further. More and more comfortable.

Spend a few moments now enjoying the pleasant feelings of mental and physical relaxation. A feeling of calmness. A feeling of tranquillity. A feeling of confidence. A feeling of being in control of your feelings. A comfortable feeling.

If you are aware of tension anywhere in your body, just spend a moment relaxing it away. Just concentrate, then count to 3 and say relax. Enjoy the feeling of relaxation. Enjoy the calmness, as the relaxation deepens all over.

And now, as you go on relaxing, you can wonder how much more relaxed you can learn to become, knowing that the more you practice the more confident you will feel about being able to relax quickly, easily, deeply, effectively. And as you become more skilled at relaxing, soon you will feel more in control. More in control of how you feel

moment by moment. When you want: where you want. So you can be more relaxed about the treatment.

And as you go on relaxing, you can wonder about all the helpful effects of relaxation. You can wonder about how much you can help your body's white blood cells work more efficiently, more effectively, more decisively. In whatever way seems best to you, imagine the white blood cells making you as healthy as possible. Build up the image in your mind until it becomes very, very, vivid. Very, very real. Sense the cells doing their job effectively, decisively, making your body more and more healthy. Go on visualising the process for a few moments more, and as you do this you can feel a sense of control, a sense of confidence in yourself, a sense of mastery. As you let go the image for just now, the process can go on. Your white cells can go on working effectively, and you can stay as relaxed as you want to.

In a moment I'm going to count backwards from 5 to nothing, and when I get to nothing open your eyes feeling relaxed, calm, refreshed and completely awake.

5, 4, 3, lighter and lighter, 2, 1, nothing. Open your eyes feeling relaxed, calm, refreshed and completely awake.

When you get up, please do so slowly. And before you operate any machinery or carry out any task that requires sustained concentration, please make sure you are completely awake and alert.

This ends the recording.

© Professor Leslie G Walker - Revised 17 May 2007

Script 4

Relaxation with Healing Imagery

This recording has been produced by Professor Leslie G Walker, Director of the Oncology Health Centres, Hull and East Yorkshire Hospitals NHS Trust, and The University of Hull.

The recording is copyright, and should only be used under the supervision of the health professional who issued it.

Spend a moment or two getting yourself comfortable, just relax as completely as you can, and if you want close your eyes now. Relax. Now concentrate on your hands, fingers and arms. Notice how they feel, and, in your own time, think the keywords 1, 2, 3, relax. Let the muscles relax more and more deeply, more and more completely. Let yourself relax more and more, become more and more comfortable, more and more at ease. Let the muscles relax even further. Let yourself become more and more deeply relaxed.

Now allow the relaxation to spread into your shoulders and to the muscles of your back. Allow your shoulders and back to become very relaxed. Think the keywords 1, 2, 3, relax; and let the muscles relax even further now. Feel the relaxation going deeper and deeper. 1, 2, 3, relax! Deeper and deeper.

Let the relaxation spread into the muscles of your neck and your head. Let your head and neck find a comfortable position. Think the keywords 1, 2, 3, relax now. Let the muscles become more and more relaxed. Let yourself feel more and more comfortable, more and more at ease. And as you concentrate on the muscles of your head, forehead and eyes, so you can let these muscles become more and more relaxed as you think the keywords now. More and more relaxed, deeper and deeper, more and more comfortable, enjoying this pleasant experience.

Let the muscles of your mouth, jaws and neck relax. Think the keywords as I say them, 1, 2, 3, relax. Relax more and more deeply, let the relaxation grow and spread: that's good. And as you breathe freely and normally, notice how you feel more relaxed as you breathe out, more comfortable, more at ease. With each breath more, and more relaxed. Feel the relaxation spreading over your whole body, relaxing your body, calming your mind. Enjoy the feeling now.

Relax the muscles of your chest, stomach and back. Let the muscles of your chest relax fully. Let the muscles of your stomach relax fully. Let the muscles of your back relax fully. Now, think the keywords 1, 2, 3, relax. Notice how relaxed your body has already become. Notice how calm and peaceful you can be. Let the relaxation deepen. Let the relaxation grow. Let the relaxation spread.

Let your thighs and legs become more and more relaxed. Notice how relaxed they are becoming. More and more relaxed. As you think the keywords now 1, 2, 3, relax. The muscles of your thighs and legs can become very, very deeply relaxed. Now, relax the muscles of your ankles, feet and toes by thinking the keywords. Relax! Relax more and more deeply. If you wish, you can keep relaxing more and more deeply, further

and further, as much as you want. Enjoy relaxation all over. Spend a few moments enjoying the pleasant feeling of relaxation. As your whole body relaxes you can feel so very comfortable, so very relaxed, so completely at ease.

And now you can picture a pleasant situation, a place that is very special to you, somewhere you feel relaxed, safe, comfortable. It can be a real place or you can imagine one; it doesn't matter. A place of your choice where you feel relaxed and comfortable. Picture the scene as clearly as you can, become completely absorbed in it. Notice colour, shape, shade, sounds, temperature, smells. Experience the place fully. What all can you notice? Notice everything that is happening, everything that is there. Become so absorbed that for just now its very real and notice the relaxation. Notice how comfortable you feel. And know that you've been able to do this by using the power of your own mind. Enjoy the experience. Enjoy relaxing in your special place. Calm, confident, comfortable. Able to control how you feel moment by moment.

And as you go on enjoying your special place and relaxing there you can wonder how much more relaxed you can learn to become knowing that the more you practice, the more confident you will feel about being able to relax quickly, deeply, easily and effectively and as you become more skilled at relaxation, so you feel more in control of your feelings, when you want, how you want, where you want. And so you can become more relaxed about the treatment and feel more in control of your illness.

For just now would you stop thinking about your special place but go on relaxing. And as you go on relaxing, you can wonder about all the helpful effects of relaxation. You can wonder about how much you can help your body's white blood cells work more efficiently, more effectively, more decisively. In whatever way seems best to you, imagine the white blood cells making you as healthy as possible. Build up the image in your mind until it becomes very, very, vivid. Very, very real. Sense the cells doing their job effectively, decisively, making your body more and more healthy. Go on visualising the process for a few moments more, and as you do this you can feel a sense of control, a sense of confidence in yourself, a sense of mastery. As you let go the image for just now, the process can go on. Your white cells can go on working effectively, and you can stay as relaxed as you want to.

In a moment I'm going to count backwards from 5 to nothing, and when I get to nothing open your eyes feeling relaxed calm refreshed and completely awake. 5, 4, 3, lighter and lighter, 2, 1, nothing open your eyes now feeling relaxed calm refreshed and completely awake.

When you get up, please do so slowly. Before you operate any machinery, or do anything that requires a high level concentration, make sure that you are completely awake.

This ends the recording.

© Professor Leslie G Walker - Revised 17 May 2007