



**mypsychologist.com.au**

**KILLORAN PSYCHOLOGICAL SERVICES**  
*Serving Australians since 1987*

**INSTRUCTIONS FOR DOING PROGRESSIVE MUSCLE TENSION AND RELEASE EXERCISE**  
**SEVEN CIRCUITS AROUND THE BODY**

We're going to use three muscle groups 1 the muscles most sensitive to inter-cranial hypertension. These are the neck and shoulder muscles 2 the muscles most frequently used by the body and these are the hands. 3 the strongest muscles in the body and these are the calf muscles.

It is important that you do this exercise in the spot in your house where you can be completely comfortable and **you will not be interrupted by anybody else**. Make sure your phone's turned off. Ensure that nobody interrupts you for a period of about 20 minutes. The light should be reduced in the room and all electronic screens turned off. Get yourself completely comfortable loosen any tight clothing. You need to be in a comfortable reclining chair or a very comfortable lying down position.

- A.** Focus your attention on the spot immediately in front of you. It is important that you keep your eyes focused only on the spot. Take four or five deep diaphragm breaths separated by perhaps ½ minute or so at all times keeping your eyes open and focused on the spot. Allow your body to move around until you're completely comfortable. Take another deep diaphragm breath and as you breathe out allow your eyes to close and keep them close until you finish the exercise.
- B.** Cupping your hands together and pulling them apart tightening the neck and shoulder muscles as much as you can. At the same time take a deep breath and hold the deep breath and the muscle tension for a few seconds. Release the muscle tension and the deep breath at the same time. Shrug your shoulders independently to loosen up the neck and shoulder region.
- C.** Holding your arms out in front of you tighten hands into fists as tight as you can and take a deep breath at the same time. Hold of the tension and a deep breath for a few seconds then release the tension and the deep breath. Wriggle your fingers around and again shrug the shoulders independently.
- D.** Pulling your toes back towards your head as tight as you can and at the same time take a really deep breath. Hold the tension and your breath for a few seconds then release the tension and your breath. Wriggle your feet and your fingers around a little and shrug your shoulders independently again then allow your body to be completely still.
- E.** Allow your body to completely relax for a minute or so and then repeat B to D a further 6 times allowing a minute or so of time in between each sequence to completely relax.
- F.** After you have completed the seven sequences allow your body to relax for another minute or so and then take two really deep breaths allowing remaining tension to be released from your body. Stay completely relaxed for a further period of a minute or so then count up to three, open your eyes and focus back on the spot that you were focussed on when you closed them. Do not move any other muscles for another 20 seconds or so and then allow yourself to move around and get up and continue your day or evening.

KILLORAN & ASSOCIATES PTY LTD © POSTAL ADDRESS: 35 GORRIES ROAD CHILDERS QLD 4660  
Head Office: 35 Gorries Road Childers Qld 4660 Main Phone: 61 7 41262224 Mobile A: 040 911 9445  
Email: [graham@mypsychologist.com.au](mailto:graham@mypsychologist.com.au)



Killoran & Associates Pty Ltd © ABN 88 065 362 727