

Progressive Physiological Quieting Guide

Progressive physiological quieting sometimes also known as a Body Scan is a relaxation technique that focuses on bringing awareness to different parts of the body. It promotes relaxation and stress reduction. It is often used in mindfulness practices and can help individuals develop a sense of calm and connection with their bodies.

Here are the basic steps of the technique:

1. **Find a comfortable position**, either sitting or lying down, where you can fully relax and you don't need to pay attention to other things.
2. **Close your eyes and take a deep breath in**, allowing your body to settle into a state of relaxation. (Use diaphragmatic breathing)
3. **Begin by bringing your attention to the top of your head.** Notice any sensations you feel in this area. Take a couple of comfortable breaths, and a few moments to release any tension or tightness you may be holding in your scalp, forehead, and temples.
4. **Now, slowly move your attention down to your face.** Feel the muscles in your cheeks, jaw, and around your eyes. Just notice what you can as you continue to breathe comfortably. Allow any tension to melt away as you focus on the sensations in these areas.
5. **Next, shift your awareness to your neck and shoulders.** Notice if there's any tightness or stiffness in this area. With each breath, imagine the tension dissolving, leaving your neck and shoulders feeling light and relaxed, and your muscles becoming limp and loose.
6. **Bring your attention to your arms and hands.** Feel the weight of your arms as they rest comfortably. Notice any tingling or warmth that may develop in your hands. Take a moment to appreciate the sensations in this area.
7. **Now, direct your focus to your chest and abdomen.** Feel your breath's gentle rise and fall as you inhale and exhale. Allow your breath to deepen naturally, bringing a sense of calmness and relaxation to your entire body.

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8. **As you continue to breathe fully, shift your attention to your back and spine.** Notice the support of the surface beneath you. Release any tension or tightness you may hold in your back, allowing your muscles to unwind, notice the limp and looseness of the muscle increase.
9. **Move your awareness down to your hips and pelvis.** Notice the sensations in this area. Feel the gentle rhythm of your breath as it flows through your body as you continue to release tension.
10. **Now, bring your attention to your legs and feet.** Feel the weight of your legs, the comfortable heaviness or lightness, and notice any sensations in your thighs, calves, and feet. Allowing the release of any tension that may remain in these areas, allowing your legs and feet to relax fully, fully relax.
11. **As you continue to breathe comfortably and fully, scan from head to toe and toe to head** pausing where needed to release any remaining tension, allowing your whole body and mind to enjoy the deep relaxation.
12. **When you are ready, take a deep breath in and reset your energy,** bringing your awareness back to the room, the present moment, with a clear peaceful state of body and mind.