Guided Progressive Muscle Relaxation for ADHD Women

🌿 A Gentle Practice for Reducing Stress & Reconnecting with Your Body

 by Kristen McClure

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Introduction

Find a comfortable space where you feel safe and relaxed. You can sit in a chair with your feet on the floor or lie down on a bed, couch, or yoga mat. Take a moment to adjust your position—there's no rush.

Let's begin by taking a deep breath in... and slowly exhaling. Again, breathe in through your nose... hold for a moment... and exhale through your mouth.

As we move through this practice, we will gently tense and release different muscle groups, allowing your body to settle into a state of relaxation. If you feel discomfort at any point, adjust or skip any step—this is your practice.

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Forehead, Eyes, Jaw & Mouth

Forehead & Eyes

Raise your eyebrows as high as they'll go, feeling the tension in your forehead. Hold this tension for five seconds... 5, 4, 3, 2, 1... and release. Let your forehead smooth out. Notice how it feels to let go.

Jaw & Mouth

Gently clench your jaw and press your lips together. Hold this tension for five seconds... 5, 4, 3, 2, 1... and release. Let your jaw hang loose, your lips part slightly. Feel the ease settling in.



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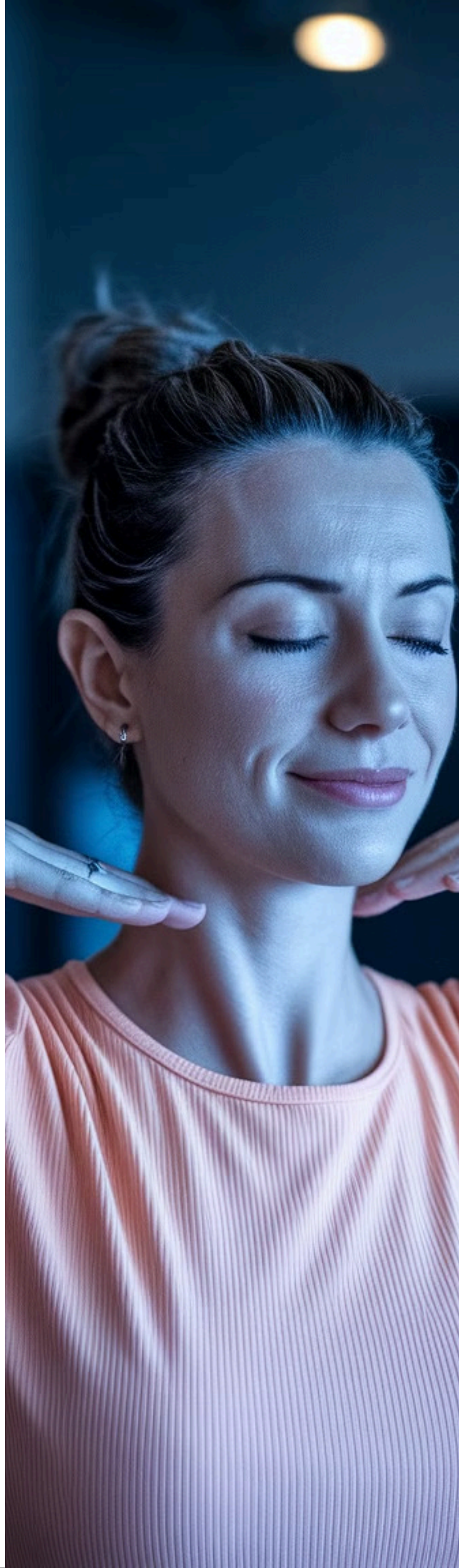
Shoulders, Neck, Arms & Hands

Shoulders & Neck

Raise your shoulders up toward your ears as if you're shrugging. Hold... 5, 4, 3, 2, 1... and let them drop down. Imagine tension melting away from your neck and upper back.

Arms & Hands

Make fists with your hands and press your arms down slightly. Feel the strength in your muscles. Hold... 5, 4, 3, 2, 1... and release. Let your hands rest open, fingers soft.



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Chest, Stomach, Legs & Feet

Chest & Stomach

Take a deep breath in, filling your lungs and tightening your stomach muscles. Hold... 5, 4, 3, 2, 1... and exhale slowly. Feel your body soften with each breath.

Legs & Feet

Press your legs together and curl your toes tightly. Hold... 5, 4, 3, 2, 1... and relax. Let your legs and feet sink into the surface beneath you.



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Full Body Release

Take a deep breath in... and as you exhale, imagine any remaining tension dissolving. Notice the contrast between tension and relaxation in your body. You are safe. You are grounded.

Breathe

Inhale deeply and exhale completely, allowing tension to release with each breath.

Notice

Feel the contrast between the previous tension and the current relaxation throughout your body.

Ground

Connect with the feeling of safety and stability in your relaxed state.

Closing & Reflection

Gently bring your awareness back to the present moment. Wiggle your fingers and toes, stretch if needed. When you're ready, open your eyes. Carry this sense of relaxation with you.

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The ADHD Relaxation Journey

1

Finding Your Space

Create a comfortable environment where you can practice without distraction.

2

Practicing Regularly

Incorporate this gentle technique into your routine to build the relaxation response.

3

Noticing Benefits

Observe how progressive muscle relaxation helps manage ADHD symptoms and reduce stress.

4

Carrying Forward

Take this sense of calm with you into your daily activities and challenges.

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