

Script for Autogenic Relaxation*

The Beginning:

- Find a quiet place.
- Sit or lie down and gently close your eyes.
- Loosen your clothing, such as trousers, belt, and shirt, and remove your shoes
- Breathe gently with diaphragmatic breaths or belly breaths for 5 breaths.
- As you breathe out, say the words relax, calm, peaceful, out loud or to yourself.

Heaviness in limbs:

- Think to yourself “my right arm is heavy” as you exhale during your 3 slow diaphragmatic breaths
- Think to yourself “my left arm is heavy” as you exhale during your 3 slow diaphragmatic breaths
- Think to yourself “my right leg is heavy” as you exhale during your 3 slow diaphragmatic breaths
- Think to yourself “my left leg is heavy” as you exhale during your 3 slow diaphragmatic breaths

Warmth in limbs:

- Think to yourself “my right arm is warm” as you exhale during your 3 slow diaphragmatic breaths
- Think to yourself “my left arm is warm” as you exhale during your 3 slow diaphragmatic breaths
- Think to yourself “my right leg is warm” as you exhale during your 3 slow diaphragmatic breaths
- Think to yourself “my left leg is warm” as you exhale during your 3 slow diaphragmatic breaths

Relaxed Heart Rate:

- Think to yourself “my heart beat is calm and regular” as you exhale during your 3 slow diaphragmatic breaths

Focused On breathing:

- Think to yourself “I am listening to my breathing” as you exhale during your 3 slow diaphragmatic breaths

Warmth in the Upper Abdomen:

- Think to yourself “My abdomen is warm” as you exhale during your 3 slow diaphragmatic breaths

Coolness in the Forehead

- Think to yourself “My forehead is cool and clear” as you exhale during your 3 slow diaphragmatic breaths

The Conclusion:

- Smile slightly and think to yourself “I feel well, I feel calm” as you exhale during your 3 slow diaphragmatic breaths
- Gently open your eyes and enjoy the day, or go to sleep.

*Adapted from Z Altug. Parkinson’s Lifestyle Medicine – Nutrition and Sleep Hygiene. Physioplus Course. 2021.