

## COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

Part III: Participant Notes: Activities Module: Session 2

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### ***RELAXING***

Go through the different muscle groups in the order shown below. Remember to tense and relax each group twice in a row. Then move on to the next group of muscles.

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|-----------------------------------|--|
| <b>Hands</b>                      | Tighten your right hand by making a fist and squeezing. Do this twice. Repeat with the left hand.  |
| <b>Forearms and back of hands</b> | With your right arm resting on the chair and the back of your hand facing up, bend your hand at the wrist, pointing your fingers straight up. Study the tension this creates in the back of your hand and forearm. Repeat. Now do it with the left hand and arm. |
| <b>Biceps</b>                     | Flex large muscles in your upper arm by trying to touch your right shoulder with your right fist, tightening the biceps. Repeat. Right arm first, then left.   |
| <b>Shoulders</b>                  | Bring your shoulders up, as if to touch your ears with them. Repeat.   |
| <b>Forehead</b>                   | Wrinkle up your forehead by bringing your eyebrows up as far as they will go. Repeat.  |
| <b>Face</b>                       | Wrinkle your nose and close your eyes tightly. Repeat  |
| <b>Lips</b>                       | Press your lips tightly together. Repeat   |
| <b>Tongue</b>                     | Push your tongue into the roof of your mouth. Repeat   |
| <b>Neck</b>                       | Press your head against the back of the chair. Repeat  |
| <b>Chest</b>                      | Take a breath that is so deep you can feel it stretch your chest muscles. Hold it. Release it slowly. Feel yourself relax as the air leaves your lungs. Repeat   |
| <b>Stomach</b>                    | Suck in and tighten your abdomen, as though preparing to receive a punch in the stomach. Repeat  |
| <b>Back</b>                       | Arch your back away from the chair. Repeat   |
| <b>Legs and thighs</b>            | Lift your legs up from the chair, holding them straight out in the air. Repeat.  |
| <b>Calves.</b>                    | Point your toes back toward your chest, creating tension in your lower legs. Repeat.   |
| <b>Feet</b>                       | Curl your toes downward, as if digging them into sand. Feel the tension in your arches. Repeat   |