

BREATHE AND RELAX !

1. Think of a place where you have been where you have felt safe and most relaxed. Close your eyes and sense that experience: what you see, hear, smell, feel. Name the place.
2. Find a quiet space and get your body in the most relaxed position possible (lying down is usually best but sitting in a relaxed position also works). Do a head to toe assessment of muscle tightness. Feel the points of contact.
3. Close your eyes. Take ten deep breaths, using you abdomen to breathe and concentrating only on your breathing. As thoughts come into your mind, return to thinking only of the breathing. Let each breath out as slowly as possible. Imagine your breath as it enters your body and lungs.
4. Once a rhythm is developed, say to yourself “I am calm” or “I am in control” or “calm control” or you own mantra. Repeat this a couple of times until you are satisfied.
5. Give yourself credit for doing the exercise.
6. Practice daily