

Mental Wellbeing 21

Stress Relief with Breathing

Welcome to this simple meditation to relieve stress.

Get into a nice position where you can be upright, elongating the spine. It is best to be seated in the traditional meditation position with legs crossed, but if you need to have your back supported, you may sit in a chair.

Gaze around with your eyes, taking note of your surroundings. See the colors clearly. Notice things that are completely still around you, like the ground, furniture, and structures. Can you become aware of anything around you that has movement?

Look around without putting labels on the things you see, just observe their colors, textures and patterns. Notice how far away things are from you, or how close they are. See how the light lays upon things, illuminating them.

Allow your mind to naturally find a spot in front of you to fixate on. Begin to slowly blink your eyes, and do not look away. Feel the relaxation within the darkness each time you blink. Repeat think until your eyes want to naturally close.

When you close your eyes, notice a gentle wave of relaxation sweep over your entire body.

Bring your awareness to your breath, what is it like? Did you take a nice inhale as soon as you focused on your breathing?

Pay close attention to how your lungs expand and contract with your breath. It is a very natural and gentle sensation. Noticing how your belly also expands and contracts easily as you breathe. Allow the breath to relax you.

In and out.....

Expand and contract....

Refresh and relax.....

Inhale and exhale.....

Take a deep breath and hold it for 5 seconds...exhale and relax....take another deep breath, as deep as you can, and hold it...count for 5 seconds...and as you exhale just imagine blowing out all of your stress....take a third deep breath and hold it...and as you exhale you blow out all stress you've been holding on to, saying to yourself "relax now"



MEDITATION AND MINDFULNESS TEACHER TRAINING

Meditation Script

This is your new solution to stress. Whenever you feel burdened in the future, you simply take 3 fully in and deep breaths, holding it at the top of the inhalation for 5 seconds, and when you exhale, blow out any tension or strain that you have been holding on to. And on the last breath as you exhale, you simply say to yourself, relax now.

From now on you choose to be relaxed.

You choose to be calm.

You choose to be in control of all you do, because your health is very important to you. Remember that it is natural for you to be healthy and happy. It is unnatural for you to have sickness and misery.

Now hear yourself saying:

“Each day, in every way, I get better and better.

Breathe in and out...

In order to make change, I challenge myself.

Expand and contract...

Change is not comfortable, in fact it is inconvenient, so if I feel comfortable with the change I am making, I am probably not extending myself enough.

Refresh and relax...

Each day, in every way, I get better and better.

Inhale and exhale...

Whenever I am presented with feelings of stress, I know my breath is there to soothe me and guide me into relaxation.

In and out.

Every single day, I become more aware of all the good things going on in my community, and in the world around me.

In and out.



MEDITATION AND MINDFULNESS TEACHER TRAINING

Meditation Script

When I feel that darkness is surrounding me, I know that the way to see light is to take 3 deep breaths, relaxing my mind and body by doing so.

Inhale and exhale

In order to make great change, I challenge my thoughts.

Refresh and Rejuvenate.

From now on I challenge every single negative and unproductive thought as they arise.”
Good.

From this point forward, whenever you find yourself having negative and unproductive thoughts, you immediately say to yourself the word STOP.....

Let me repeat that to you so that it is perfectly clear.... whenever you find yourself having negative and unproductive thoughts, you immediately say to yourself the word STOP, and the very moment you say the word STOP you'll find that the negative thoughts you were having simply disappear.

This gives you the opportunity to start a new and positive thought process.

Once again, hear yourself say this positive affirmation,
“When I have a negative thought, I acknowledge that I feel this way and then I release it. When another negative thought arises, I catch it quickly and I say with confidence, I acknowledge that part of me feels this way, but this thought does not help me right now.”

Good. You are doing very powerful work by practicing this meditation daily, without skipping a day.

This is the way you change your life for the better.

