



A Few Tips to De~Stress



Relaxation Techniques

- PAUSE from the situation and take note of how you feel.
- Notice the sensations and thoughts.
- Acknowledge them without having to do anything about it.
- Know that you are not the thoughts and feelings. They are just that— thoughts, feelings, and sensations, many of which you may have in a day, in an hour, even within a few minutes. They are temporary.

The following breathing practice can be done at any time, in any situation, and can be used many times throughout the day. All breathing is done through the nose. Initially, take a few minutes away from your activities to practice and familiarize yourself with this technique. Once familiar, it can be very helpful during those stressful moments when confronted by an anxious adult or child.

Calming breaths

- Sit upright in the chair. Both feet flat on the floor. (Sometimes you have to sit on the edge of the chair to comfortably rest both feet on the floor.) Place the palms on the lap. Close the eyes. Draw all attention to the breath.
- Begin to slowly EXHALE by drawing the abdomen in towards the spine and feel how the diaphragm moves up toward the heart.
- Pause for 1 – 2 seconds at the bottom of the exhale.
- Then slowly INHALE by expanding the chest and feel how the ribcage expands. The belly naturally relaxes and the diaphragm moves downward.
- Pause for 1 – 2 seconds at the peak of the inhale. Continue to breathe in this way for a few minutes.

Guided meditations with the breath

We all have access to the universal energy that is the flow of life all around us. It is simply a matter of tapping into this life force that allows us to heal ourselves at any time.

- To access this universal healing energy, imagine that there is an opening in the crown of the head through which this energy flows freely.
- INHALING, feel this healing and revitalizing energy pour in through the crown and slowly move this energy with the breath down through the entire body and all the way down to the toes.
- EXHALING draw this energy up from the toes all the way back up to the crown. Throughout this practice, use the calming breath as directed above.

Another meditation to try with the calming breath

- INHALING feel the chest expanding and receiving abundance. Let this be whatever is needed in this moment—peacefulness, balance, comfort, confidence, security. Feel how this abundance is completely received with every inhalation. You can mentally repeat “I am peace... security” or any quality you want to invite.
- EXHALING feel the release of tensions effortlessly leaving the body through the hands and feet. Allow any negative thoughts to flow out and away. You can mentally repeat “tensions are leaving” or any quality you want to release. Continue in this way for the next few minutes.

