

Calm

Lie down comfortably on your back with your arms and legs stretched out.

Be still for a moment, taking in a few deep breaths.

Close your eyes and think about melting into the ground.

Let go of any thoughts from your day. Breathe and relax.

Now, following my voice, you're going to bring your attention to different parts of your body.

For example, when I say "feet," you're going to bring your attention to your feet and simply relax them.

Don't worry about getting it right. Just listen to my voice.

Let's begin. First, bring your attention to your feet. Relax your feet. Then, bring your attention to your lower legs. Relax your lower legs. Next, your knees. Your upper legs. Your belly. And your chest.

Next, think about your hands. Relax your hands. Then your elbows. Then your arms. Then your shoulders.

Now, think about your face. Relax your face. Then your chin. Your mouth. Your nose. Your eyes. And your head.

Think about the different parts of your body. Does any part of it need a little extra love today?

Take in a few deep breaths. As you inhale, think, "I am strong." As you exhale, think, "I am calm."

Continue like that for a few deep breaths, alternating between thoughts of "I am strong," and "I am calm."

Know that you are safe and cared for. Breathe and relax. Let it go.

When you are ready, open your eyes.



