STRONG Heart

Activity: 5-10 MINUTE VISUALISATION

Topic: Comfort Zone

NOTE: Ensure participants are lying or sitting comfortably on their yoga mats. Take them through deep breathing then ask them to close their eyes.

Resources Required:

- Yoga Mats (optional)
- Candles (optional)
- Cushions to sit/lay on (optional)

Ask participants to make a circle with their yoga mats on the floor. Let them know you will now be going through the STRONG Heart component of the session. STRONG Heart is designed to help us slow down and connect with ourselves. It's where we practice our self-care and mindfulness activities to help us relax, reflect and unwind.

GROUNDING:

Begin session with 10 deep breathes. Ask participants to sit (or lay) on their mats and take them through 10 deep belly breaths. Remind participants to breath slowly and deeply into their stomachs. They can place their hands on their stomachs to help breathe deeper and to feel their stomachs rise. After 10 deep breaths ask participants to stay on their mats as you progress into your visualisation.

VISUALISATION:

Ask participants if any of them have tried guided visualisation before? If any of them are new to guided visualisation, explain that guided visualisation is simply a way of slowing down using our minds to visualise something positive. Let participants know you will be reading to them and all they need to do is close their eyes, listen and think about what you are saying.

When you are ready read aloud:

Now is your special time... Your time to slow down and take care of you... Time to switch off from the rest of the world and tune in to all the special things that make you, you.

It's okay if you can hear lots of noises or if you're finding it hard to stay still... Learning to slow down and relax is an important skill we can all get better at when we try.

Take a moment now to settle into a comfortable position… Somewhere where you feel fully supported and relaxed. You can be sitting or lying down, whatever makes you feel more comfortable and relaxed.

Copyright 2021 Standing Strong®

STANDINGSTRONG™

Now when you're ready... gently allow your eyes to close, as your eyes close... feel your body relax even more.

Slowly begin to breathe deeply... Breathing in... And breathing out... Breathing in.... And breathing out... Follow your breath and allow your whole body to relax.

Focusing your attention on your breath can help you to quiet your mind... Sometimes you may struggle to focus or see a clear image and that's ok... Just relax and stay calm.... Enjoy the quiet time to yourself... Follow my voice... And take in the peacefulness of this moment.

Now... I want you to imagine yourself feeling confident and strong. I want you to see yourself clearly… Standing tall and proud… When you have a clear image, I want you to imagine yourself doing something you've always wanted to do… Something that is out of your comfort zone… Something that is new and exciting… Can you think of something?

I want you to imagine yourself having this exciting new experience… As you see yourself, I want you to think about how exhilarated and excited you feel… I want you to focus on the courage and fearlessness you feel taking that leap out of your comfort zone… As you see yourself… I want you to take in how confident… strong and courageous you feel.

Take another deep breath in and breathe out slowly... Feel your body release any tension… Take a moment to think about the courage and strength you have inside of you… Think about all the times you have leapt out of your comfort zone… The times you have learnt and grown… The times you have met new people and learnt new things… Take a moment to realise all the strength, courage and confidence you need… Is already within you.

Take another deep breath in and be proud of yourself for taking a moment for yourself… To care for and look after yourself…. As you exhale, I want you to slowly begin to open your eyes… When you feel ready.

As everyone starts to open their eyes, ask everyone to slowly sit up when they are ready and face into the circle. As everyone is doing this start asking how they are feeling without forcing too much conversation. Allow people to share if they want to, but don't force anyone. When everyone is ready, thank them for listening as you move into your Grateful's.

GRATEFULS:

Gratitude: Being thankful for people, experiences and things in our lives.

Grateful's are things we are thankful for. By focusing on what we are thankful for, we can bring more appreciation and happiness into our lives.

Go around the group and ask each participant to say one thing they are grateful for.

Tip: If participants are nervous, you can start by saying one thing you are grateful for. If participants do not want to say anything that's ok, don't force them or make them feel uncomfortable. If using candles, it's a great idea to ask each participant to blow out their candle after they say their grateful.

Once you have finished your Grateful's, end your class with the Standing Strong Mantra.

Copyright 2021 Standing Strong®

Standing Strong Mantra: Standing in a circle, ask everyone to put their hands out together (one on top of the other) in the middle of the circle. Select a participant or ask someone to nominate themselves to count down from 3 to 1. Then ask everyone to say out aloud…
"This is my life, and I am Standing Strong"

Release hands up in the air, add a "Woohoo" and fist pump or clap at the end to finish your class on a huge high.

Copyright 2021 Standing Strong®