

# Mindfulness Meditation for Stress Relief

Wednesday, 3 February 2021

10:01 am



## South Yarra Counselling

1227 Malvern Road

Malvern 3144

### Mindfulness meditation for Stress Relief

1. Bring your attention to your breath and focus on your stomach rising and falling with each breath.
  2. Now say to yourself: "I feel pleasantly calm."
  3. Shift your focus to your head. Say: "My scalp relaxes, the tension in my forehead releases, my eyes gently close, my tongue settles, my mouth relaxes and my jaw, drops its tightness".
  4. Now say to yourself: "I am feeling easy."
  5. Drop your attention to your neck and allowing it to relax while completely supporting your head. Say to yourself: "My forehead is cool, my jaw is loose and my neck is gently holding my head".
  6. Now remind yourself: "I am moving into a sense of ease and calm".
  7. Shift your focus to your shoulders. Say to yourself: "My shoulders drop to their natural position, and I notice the complete absence of tension".
  8. Now say to yourself: "the sense of ease and calm is spreading through my body."
  9. Bring your awareness to your arms. Say: "My arms are warm and heavy".
  10. Now say to yourself: "I am calm and notice a gentle tingling in my hands."
  11. Bring your attention to your chest. Say: "My chest moves freely with each breath and notice my gentle, open breathing".
  12. Now say to yourself: "I feel expanding waves of tranquility and stillness."
  13. Bring your attention to your spine, notice how all your muscles are holding you safely and without effort. Say to yourself: "I am fully supported, I feel light and relaxed and my breathing is free and gentle."
  14. Now state to yourself: "I am completely calm."
  15. Bring your attention to your stomach area. Say to yourself: "My stomach is elastic and warm, fully supporting my spine".
  16. Now remind yourself: "I am completely calm."
  17. Bring your attention to your pelvis, notice how it supports your whole body with ease and comfort. Say to yourself: "I am always fully supported and totally relaxed".
  18. Now state to yourself: "I am pleasantly warm and calm."
  19. Shift your attention to your legs, feel how they are supported by the chair and notice the feeling of your feet on the ground. Say to yourself "I am completely relaxed and my body feels warm and light."
- I notice the gentle pulsations of my breath gently moving through my whole body." Enjoy the pleasant feeling of complete relaxation.
20. To end the practice, roll your shoulders, wriggle your fingers and toes, stretch your arms and legs, open your eyes and reorient yourself to your surroundings.

### Meditation Tips

Before you do this practice visualize, real or imagined, a safe place where you feel safe and secure. Imagine that you are sitting in that space while you do this practice.

- It is recommended that you practice this meditation once a day for at least 10 minutes.
- It is best to do this in a quiet, comfortable place where you won't be disturbed. (Phone on airplane mode)
- Its preferable for you to be sitting as you meditate, with your feet on the floor.
- If you ever feel physically or emotionally uncomfortable doing this practice stop, shake out your body and speak to your doctor about it.

Have a cool glass of water on hand to sip after your meditation.