



VOL. 1

# LIVE, BREATH, CALM

Workshop: *FEELING SAFE AND SECURE*

# YOU ARE SAFE

## Get To Safety: It's Inside!

Written by Sharifa R. Salaam, MBA

More people have reported feelings of stress and anxiety since January 2020, then in the past five decades. Experts attribute the significant increase in feelings of stress and anxiety with the exponential changes and uncertainties resulting from the pandemic. To put it plainly, many felt their emotional anchors taken away, or that their safety nets were no more. COVID-19 essentially threatened one of our most basic fundamental needs - survival.

Of course, the effects from person to person have varying degrees. And even if you've found some emotional balance and feel relatively well-adjusted, With more than 60% of adults reporting higher levels of negative emotions, it is very likely that your friend, relative or colleague has not. The exercise for this month is one of the few that requires a bit of a physical commitment. Feel free to share it with someone that you think could benefit from feeling just a bit safer in their space today!

*Your real security is yourself. You know you can do it and they can't ever take that way from you.*

Mae West



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# Affirmations

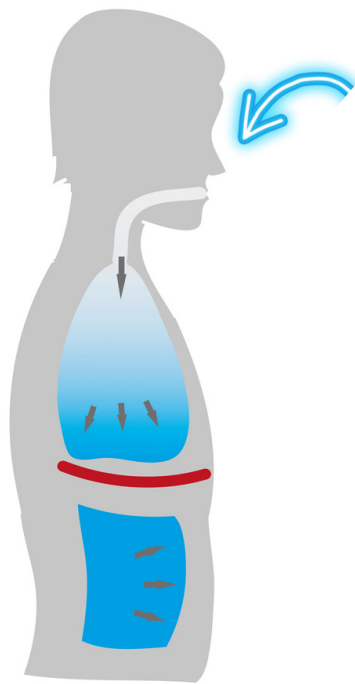
I deserve to feel safe.

In this moment, there is safety.

I release my fears and know that I am safe.

This may be the most simple of all the modules. In this method, you will learn a breathing technique called "box breathing". You can use it during your meditation practice. Or, you can try practicing this technique when you feel your stress or anxiety level going in the wrong direction.

The box breathing technique is battle-tested and endorsed by the U.S. Navy SEALs. SEALs often use the box breathing technique before and after highly stressful situations. Common people use this technique everyday to fend off stressors. It can work for you too!



## Inhale

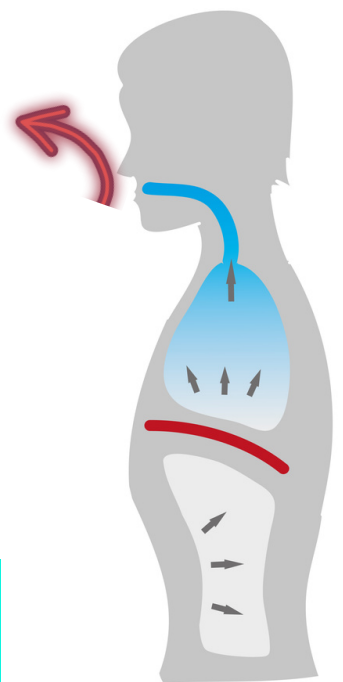
**Step 1.** Inhale gently and slowly for 5 seconds. Feel your lungs and diaphragm expand (just as a balloon expands when it fills with air).

**Step 2.** Hold for 5 seconds.

**Step 1.** Exhale gently and slowly for 5 seconds. Feel your lungs and diaphragm deflate (just as a balloon deflates when it empties with air). Imagine your stomach trying to touch your back as you release the air.

**Step 4.** Repeat steps 1 through 3 for as long as it is comfortable.

**NOTE:** If you feel any discomfort, STOP and do not try this exercise again until you consult your physician.



## Exhale