

A Quick Mental Vacation

If you're feeling stressed, anxious, worried or overwhelmed you need a mental vacation. A vacation away from your disturbing thoughts and emotions.

So gently close your eyes and take 5 slow, deep, calming breaths by breathing in through your nose, hold for a moment and then breathe out through your mouth.

Breathe in.... hold.... Breathe out x 3

And finally, breathe in.... hold.... Breathe out

Now bring your awareness to your breath entering and leaving your body. Don't force the breath, just breathe naturally.

On the in-breath, mentally recite calm..... on the out-breath, recite relax.

(30 seconds)

Feel your mind becoming calm and your body becoming relaxed.

(30 seconds)

Now image yourself in a peaceful place. A place where you feel calm and safe.

Picture yourself in this peaceful place. Imagine what you are experiencing through your senses. Notice what you see, hear, smell and feel.

(30 seconds)

Give yourself permission to relax and feel safe.

(30 seconds)

Continue to imagine yourself in this place while you focus your awareness on your breathing. Take slow, gentle, deep breaths in through your nose, hold for a moment and then gently release the air out through your mouth. Carry on breathing in this way.

(30 seconds)

Continue to watch your breath as you imagine yourself in your safe place.

(30 seconds)

You can do this exercise for as long as you wish, and whenever you're ready, you can very slowly start to open your eyes and introduce yourself back into the world, leaving all your worries, stress and anxiety behind you.