

### **Guided Relaxation script (Prof. Frank Keefe, Duke University, USA)**

Take a moment to settle into a comfortable position.

Take a deep breath and think the word “relax” silently to yourself....

Now....imagine a wave of relaxation spreading from the top of your head down into your forehead ...

Allow sensations of relaxation to flow into the muscles around your eyes into your jaw..

Let a sense of heaviness and relaxation flow downward through your shoulders...

Now down through your arms and hands...

Allow sensations of relaxation to flow down into your chest.....your stomach...

And now into your legs .....and feet...

Now imagine you are reclining under a tree on a warm autumn afternoon...

Imaging you are looking up through the leaves of the tree...

You notice a leaf become detached, slowly floating down towards you....(**pause**)

You realize it is falling so slowly and gently that when it lands it will barely bend a blade of grass...(**pause for 10 seconds**)

When you are ready slowly stretch a bit, re-orient to the room...and this group...

And enjoy the sensations of relaxation that you have created for yourself.

Notice how your body can remain relaxed while your mind is alert.

**Would you be willing to share a word or two that reflects what you noticed about this relaxation technique?**

### **Brief Mindfulness Breathing awareness activity**

For this short meditation I will offer guidance, but it is important to say this guidance is an invitation, not an order. **If you do not feel comfortable following it you can always sit it out if preferred.**

It's helpful to find a comfortable position; sitting, standing or lying down, in which you can remain alert for this practice. To begin, gently closing your eyes if comfortable doing so, or simply lowering your gaze if preferred.

Take a few deep, full, breaths at your own pace (***Pause for 10 seconds***).

Now simply allowing your breath to find its own natural rhythm...knowing in this moment there is nothing you need to do, even your body knows how to breath all by itself.

How is your body breathing right now? No need to judge, simply becoming curious, noticing what's here perhaps with an attitude of friendliness (***Pause for 10 seconds***).

Or if this is challenging for you today perhaps you may wish to experiment with noticing the sounds that are in and around you, again with an attitude of friendly curiosity, an openness, creating space for whatever is here in sound, in the body, simply become aware, observe, witness (***Pause for 10 seconds***).

As we come to the end of this short mindfulness practise, and with curiosity, find one or two words that describes how you are carrying your day so far. Once you have these words, taking a fuller, deeper breath and on the exhale refocusing into our group.

**If you feel comfortable doing so, you can share in a few words what you noticed during this practice.**