

1. I'm going to be all right. My feelings are not always rational.
2. Anxiety is not dangerous, it's just uncomfortable.
3. Right now I have feelings I don't like. They will be over with soon and I'll be fine.
4. That picture (image) in my head is not a healthy or rational picture.
5. I've stopped my negative thoughts before and I'm going to do it again now.
7. It's not the first time I feel anxiety. I am going to take some deep breaths and keep on going.

MUSCLE RELAXATION

Create tension in the feet by curling the toes, then release.

Move through the body – legs, hips, back, shoulders (shrug and bring up tight to ears), arms, hands and face in the same way.

Experience the difference between tension and relaxation.

Then tense as many of the major muscle groups as you can at once, hold for a count of five and release.

Finally, imagine you are breathing in soft mist and feel it flowing gently through the body.



Relax

5 Useful Mindfulness EXERCISES

MINDFUL HAND AWARENESS EXERCISE

Grasp your hands really tight and hold for a 5 to 10 seconds, then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.

MENTAL FOCUS EXERCISE

Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then just bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.

MUSICAL STIMULI EXERCISE

Listen to your favorite song and pay attention to how it makes you feel. What emotions stir? What memories come up, and how do those memories make you feel? Engage the emotions and see where they lead.

UNDIVIDED ATTENTION EXERCISE

Do something around the house that you've never done before and do it with utter and undivided attention.

FULL SENSORY AWARENESS EXERCISE

Wherever you are, just stop and look around when safe to do so. Become aware of everything that your senses pick up. How do you feel? Do you feel over-stimulated? Do you feel anxious? Make a mental note and keep observing without judgement.



Many more at:
www.practicingmindfulness.com