

RELAXATION TIPS

Calming - 1



SIMPLICITY
LIFE COACHING

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Meditation can calm your mind, relax your body and soothe your spirit. Anyone can select a meditation technique that fits their lifestyle and belief system, so here are some suggestions to get you started:

Immediate

- ☞ If you find yourself in a tense or difficult situation and there isn't enough time to meditate, try simply lowering your eyes to the ground.
- ☞ Breathe in slowly to a count of 5, then breathe out slowly for a count of 5. Focus on your breathing.
- ☞ While you are doing this, imagine a safe, protective bubble around you.
- ☞ Repeat this until you can count to 10 or feel calmer and ready to continue with your day

Five minutes

- ☞ Lie flat on the floor and relax your body, breathing deeply. Imagine lying at the bottom of the ocean and there is nothing around you except sand.
- ☞ Concentrate on relaxing each area of your body from your toes to the top of your head.
- ☞ Each time you have a worry, concern or thought, imagine it as an air bubble and watch it float upwards and away from you.
- ☞ Repeat this until you feel calm and relaxed and ready to continue with your day.

Incorporate into everyday life

- ☞ Next time you're out walking, whether for exercise or to the shops, try noticing your surroundings more.
- ☞ If you are usually very visual try focusing instead on all the sounds around you. If you are normally auditory try looking for the details you usually miss. And if you are very in touch with how things feel then try noticing either the sounds OR sights for a change.
- ☞ Focus on being in the present moment and take pleasure in the small things, like dew on a leaf, a baby laughing, the feel of the sun on your skin or the wind in your hair.
- ☞ Maintain this for the duration of your walk and try to remain focused on your task.

Meditation is simple and inexpensive, requiring only your time and effort. If you're interested in achieving some relaxation, give meditation a try and **keep trying**. Start with 5 minutes and work up to 15 or 20 minutes at a time. Remember it gets easier with practice.

GEM

"As a man wishes in his heart, so he is"

Buddha

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NB: Do not practice meditation while your attention is required elsewhere, like driving a car or operating machinery.