



## Meditation for Anxiety

Hey Wellness Warriors

Welcome to our meditation for anxiety, feeling nervous, tense, or on edge...

You are not alone

Let's breathe through this together...

We're likely here because we're feeling worried, unsafe or nervous. So, let's rate our anxiety on a scale of 1 -meaning little to no worry- to 10 -meaning intense worry or panic. There's no judgment about this number... we just need to know where we're starting

Let's check, am I breathing? If I check my surroundings, am I safe right now? Is the thing I'm worried about *actually* present in this moment?

Right here

Right now

In this moment

I am safe.

Let's find a comfortable position. What shape will make me feel most comfortable, safe and supported?

If its possible and safe,

I might gently close my eyes or turn my gaze downwards...

Placing one hand on my stomach

And the other on my chest

I might now gently explore how my body feels in this moment

I don't need to judge anything in this moment...

As I notice the muscles of my face...my forehead, eyes, jaw

The muscles of your neck

How do my shoulders feel? Can I soften or relax parts of my body?...

Noticing my chest and back... hips... legs...and feet

Right here  
Right now  
In this moment  
I have the power to take care of myself.  
That decision is in my control...

Let's explore our breath.

If its helpful, we might imagine 5 candles sitting before us  
With each inhale, bring the breath into the belly,  
And with each exhale, breathe as if to blow out each candle, one at a time  
If it feels good, maybe I make a wish or intention along with my exhale. Something to soothe  
me, strengthen me, comfort me...

Let's begin.

Gently inhale thru the nostrils... 2, 3, 4

Hold the breath

Exhale, blowing out our first candle, 4, 5, 6, 7

Breathe in... 2, 3, 4

Hold

Exhale, 2...7

Candle 3, inhale

Hold

Breathe out....

Breathe in... 2, 3, 4

Hold

Exhale, 2...7

Last candle, and deepest breath yet... 3, 4

Hold... sip in some more air

Deep exhale, 2...7

Right here

Right now

In this moment

I am safe

Right here  
Right now  
In this moment  
I am safe...

Right here  
Right now  
In this moment  
I am safe...

Breathing...

I am safe.  
I am in control of how I respond  
I am in control of my breath

Let's scan our body again from head to toe  
How am I feeling now?

We might rate our anxiety on a scale of 1 to 10 again ... did the number change? Maybe I need a few more candles, and that's just fine. Pause and continue to breathe deeply and slowly if needed.

When ready, we might even make a list of what is and what is not in our control in regards to the source of our anxiety. Breathing our way through. We might reflect on if our worry of the future is worth the disruption of our present... will the source of our anxiety matter next week? A month from now? Will we remember this problem a year from now?

I am in control of how I respond  
I am in control of my breath.

Deep inhale...  
Full exhale... breathe it all out. Let it go...

Right here  
Right now  
In this moment I am safe...

This healing is yours.  
It always has been. It always will be...  
Thank you for visiting The Well Healing.  
Take good care