



Meditation for Feeling Down

Hello Wellness Warriors,

This is a meditation for feeling down, low mood, the Blues, sadness...

You are not alone

Let's breathe through this together...

If possible, let's find a comfortable seated position. What shape will make me feel most comfortable, safe and supported? Let's honor our needs by supporting ourselves with pillows or a wall...

If comfortable and safe, I might close my eyes or turn the gaze downwards...

Taking a moment to bring awareness to where I am

Maybe noticing what sounds are in the space around me

What I can physically feel as I rest here

Maybe any scents that are present...

Bringing my attention to right here... right now...

Without judgement... just noticing

Maybe noticing how my body feels in this moment... noticing the pace of my breathing...

And now, sitting upright with an elongated spine

Let's bend at the elbows, hugging them in towards the body

Making a fist with both hands if possible

Take a breath...

On the next inhale, the arms raise up overhead

Opening up the hands, spreading the fingers wide...

On the exhale, bending again at the elbows

hugging them near the body,

hands are again in fists...

Again now, and with more energy,

inhale – raise the arms and spread the fingers

exhale – bend and hug in the elbows, make a fist

Again, with even more energy,
inhale and raise
exhale and bend

Inhale, raise
Exhale, bend

6 counts of inhale and exhale

Continue at the pace of your breath
Feel free to make noise
Take up space...
Listen to the body and adjust the pace if needed

On the inhale, affirming
my feelings are valid

On the exhale
I have the power to heal

my feelings are valid
I have the power to heal...

let's take a pause here
coming back to the regular breath

Noticing how I feel now
without judgement

Noticing how I feel
after this practice for my self-care
an act of self-love

Noticing how I feel
after showing up for myself
Meaning that I chose me.
I chose my wellbeing.
I chose myself
And that is love.

Breathe in, I am loved
Breathe out,

Inhale, I am loved
Exhale

Inhale, I am loved
Exhale

My feelings are valid.
I have the power to heal.
I am loved...

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