



## Guided Relaxation

Hey Wellness Warriors  
Welcome to a Guided Relaxation

If possible, let's find a comfortable position lying down. Or perhaps seated... I might ask myself, what shape will make me feel most comfortable, safe and supported? Let's honor our needs by supporting ourselves with pillows or whatever is supportive...

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 I can hear in the space around me

What I can physically feel as I rest here

Maybe any scents that are present...

I start to bring 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...

When I notice my mind wants to wander, I acknowledge them. I release expectation of this experience. And maybe even give myself permission to return to them later.

These next few moments are for us. Not our worries. Not our to-do list. Let's decide to use this time for ourselves. And nothing and no one else.

...

I might ask myself, how am I feeling in this moment? There's no good or bad, right or wrong way to feel... just noticing

...

Now, I bring my attention to the nostrils and the breath coming in... and out.

Cool, inhale. Warm, exhale.

...

I pay attention to my experience. Which nostril is taking in the most air? Where do I connect with the breath most?

...

Cool, inhale. Warm, exhale.

...

Let's take 4 deep breaths together.

I gently place my hands on my stomach. As I inhale through the nose, try to fill up my lungs under my hands as much as possible. I make my exhale long and slow

Inhale.

Exhale.

Inhale.

Exhale.

I might try to follow the breath as it moves from the nose, down the throat, filling the lungs, and back out again.

Inhale.

Exhale.

Inhale.

Exhale.

If I moved them, I place my hands wherever most comfortable.

...

Eyes remain closed as I bring awareness through the body... Just noticing what's there, without judgement. Nothing more, nothing less...

Starting at the crown of the head...

The forehead...

Release the muscles of the eyes...

Temples...

Ears...

Cheeks...

The nose... Returning to the breath... Cool, inhale. Warm, exhale.

Down to the lips...

Relax your tongue and jaw...

Center of your throat...

Out to your shoulders...

Upper arms...

Lower arms...

Focus on all 10 fingertips... The pinkies... The ring fingers... The middle fingers... The index fingers... your thumbs...

Your palms...

Wrists...

Elbows...

Again at the shoulders...

Center of your chest...

Your stomach...

Center of your pelvis...

Upper legs...

Lower legs...

Each of toes...

The soles of your feet...

Ankles...

Knees...

Hips...

Around to the lower back...

The midback...

Between your shoulder blades...

Back of the neck...

Back of the head...

Again at your crown...

...

I allow myself to be supported by whatever structure is supporting my body... breathing deeply... slowly...

...

And when I find my mind wandering, I gently return to your breath... I bring awareness back in my body... because I've chosen this time to care for myself...

Cool, inhale, warm, exhale...

This relaxation, is yours. It always has been. It always will be...

Thank you for visiting The Well Healing

Take good care.