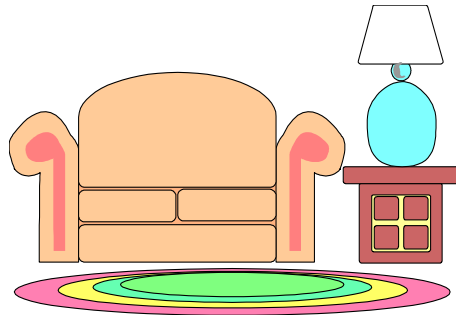


## **CALMING IDEAS**



### **INSTANT CALMING - SITTING (1 - 3 MINUTES)**

With arms on chair rests or hands in lap, tighten the muscles in your legs, back and arms (hold for 3 - 5 seconds)... release the tension... relax. Breathe in slowly through the nose... exhale through mouth... as you breathe out, silently repeat the word “one”...breathe in... breathe out with “one”... maintain a passive attitude. Allow your body to go completely limp... deeply relax your entire body.

### **INSTANT CALMING - STANDING (1 - 3 MINUTES)**

With your arms hanging freely at your sides, slightly arch your back... bring your shoulders back to tighten the muscles in your back (hold for 3 - 5 seconds)... release the arch... relax. Breathe in slowly through the nose... exhale through the mouth... as you breathe out, silently repeat the word “one”... breathe in... breathe out with “one”... maintain a passive attitude. While maintaining a standing position, relax your body... completely relax your upper body.

### **LONGER CALMING (10 - 12 MINUTES)**

Sit slightly toward the front of your seat... lean back in your chair with your legs outstretched... our arms supported comfortably on the arm rests or lying on your lap... with eyes open or closed... relax. Stretch your feet out from your body as far as possible... rotate both feet from the center position outward toward the small toe... gently stretching... relax. Breathe in slowly through the nose... exhale through the mouth... as you breathe out, silently repeat the word “one”... breathe in... breathe out with “one”... maintain a passive attitude. Slowly make an arch in your back... release the arch... relax. arch a fist with each hand (hold for 5 -6 seconds)... release the fist... relax... maintain a passive attitude. Continue to breathe slowly in through your nose... be aware of your breathing... deeply relax your entire body... as you breathe out, silently say the word “one”... breathe in slowly... breathe out with “one”... continue... breathe in slowly... breathe out with “one”... completely relax your entire body. (Continue this practice for 8 - 10 minutes, if time permits) Open your eyes if they were closed... notice you possess a feeling of well-being... notice that you have achieved a state of calm.