

## Guided Meditation

# Breathing for Stress Relief

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Find a comfortable position, either sitting or lying down, and gently close your eyes. Take a moment to settle into your body and let go of any tension or distractions.

Now, bring your attention to your breath. Notice the natural rhythm of your breath as it flows in and out. Take a deep breath in, filling your lungs with fresh air, and slowly exhale, releasing any tension or worries.

As you continue to breathe, bring your awareness to the sensation of your breath entering and leaving your body. Feel the coolness of the air as you inhale and the warmth as you exhale. Allow your breath to be your anchor, grounding you in the present moment.

Now, let's deepen our breath. Take a slow, deep breath in through your nose, allowing your belly to expand fully. Hold it for a moment, and then exhale slowly through your mouth, letting go of any stress or tension. Take another deep breath in, feeling the air filling your lungs, and exhale fully, releasing any remaining tension.

As you breathe, notice any areas of your body that may be holding onto stress. With each inhale, imagine sending your breath to those areas, allowing them to relax and soften. And with each exhale, imagine releasing any tension or tightness, letting it melt away.

Now, let's add a counting element to our breath. Inhale deeply for a count of four, feeling your belly rise. Hold your breath for a count of four, and then exhale slowly for a count of four, feeling your belly fall. Repeat this pattern, inhaling for four, holding for four, and exhaling for four.

As you continue this breath pattern, notice how it helps to calm your mind and relax your body. Allow yourself to fully surrender to the present moment, letting go of any thoughts or worries that may arise.

Remember, if your mind starts to wander, gently bring your attention back to your breath. Each inhale and exhale is an opportunity to release stress and find peace within.

Take a few more moments to breathe in this way, allowing yourself to fully unwind and let go. And when you're ready, slowly open your eyes, bringing the sense of calm and relaxation with you into the rest of your day.

Remember, you can always return to this mindful breathing practice whenever you need a moment of stress relief. May you find peace and tranquility in your breath.