

## **7 ways to clear stress from your body, mind and spirit.**

1. Sit down in a comfortable space and take a deep breath. Close your eyes and imagine wrapping yourself in a safe bubble of white light.
2. Acknowledge and label the negative emotions of how you are feeling right now or have been feeling throughout the day.  
(Use the accompanying scale of emotions list, the negative emotions start about half way down)
3. Sink in to that uncomfortable feeling. Ask yourself when was the earliest time you can remember when you had a similar feeling in another situation. Sink into that memory.
4. Imagine that feeling and that memory as a certain colour. Imagine that colour leaving your body, flowing out the ends of your feet, till it's no longer there. Take a deep breath.
5. Then imagine the opposite, the opposite of that feeling. The feeling you would like to ultimately feel. Refer to your positive emotions on your sheet. Or to help you, imagine something that makes you super, super happy. Hold that memory for a few seconds or so. Sink into that positive feeling. (It might be the feeling of freedom.)
6. How do you feel when you feel like this?
7. Take another deep breath and open your eyes.

## **Scale of emotions list**

- Joy/knowledge/empowerment/freedom/love/appreciation
- Passion
- Enthusiasm/eagerness/happiness
- Positive Expectation/belief
- Optimism
- Hopefulness
- Contentment
- Boredom
- Pessimism
- Frustration/irritation/impatience
- Overwhelment
- Doubt
- Worry
- Blame
- Discouragement
- Anger
- Revenge
- Hatred/Rage
- Jealousy
- Insecurity/Guilt/unworthiness
- Fear/grief/depression/despair/powerlessness