

Guided Meditation (3-4 minutes)

This meditation can be used before class or at the end of class. Turn off the lights, clear the desks and limit any classroom noise. The focus of this meditation is the deep breathing. It will calm the mind and nervous system, alleviates headaches, regulates body temperature and will increase the intake of oxygen which helps with anxiety and panic attacks.

“Put your heads down and close your eyes. Find a comfortable spot and be silent and stay still. Notice your breathing. Is it fast? Is it slow?

Relax your head, body, your hands. Notice how your stomach moves when you breathe in, and out. Breathe in through your nose and out with your mouth.

(repeat)

Take a long, deep breath in through your nose, and breathe out through your mouth, fully and completely. Breathe like this a couple more times.

Now imagine your body. Notice any parts that hurt or are tight or tense and keep breathing.

When you find a part of your body that is tight or tense, send your breath there.

Breathe in and breathe out. Your breath can make that part of your body more relaxed, more loose.

You are starting to feel calm. Feel your head.....your face.....your shoulders..... your back.....your arms.....your hands. Notice your stomach.....your legs.....your knees.....your feet. You are starting to feel totally and completely relaxed with every breath you take.

Notice the sounds in the room. Focus on one sound and continue to breathe. Focus on your own breath. Not thinking, just noticing and listening. Breathe slowly and easily, in and out. Feel the chair under you, where your body touches it. Feel your muscles relax as you breathe. Keep watching your breathing in and out, fully, and completely. You feel totally relaxed. You feel peaceful.

Breathe like this a couple more times. When you are ready, sit up, take a long, slow, deep breath in, then out and gently open your eyes.”