

**Feeling Stressed? Take 5 and Do a Guided Meditation
to Clear your Mind of Clutter and be More at Peace**

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Whenever you are feeling stressed take 5 minutes and run through this *Be more at Peace* guided meditation- it will help you clear your mind of negative chatter and relax and this allows you to expand your sense of peace and feelings of happiness, confidence, wellness and possibility.

Step 1 Rate how stressed you feel out of 10. 1 = I feel grounded, at peace, relaxed, confident and ready for my next adventure. 10 = I feel completely stressed out/overwhelmed/scattered.

Step 2 Now write down all the things that are cluttering up your mind right now and creating this feeling of stress and overwhelm. You could include incompletions such as personal or household chores, it could be something left unsaid in a relationship that is gnawing at you; any current worries, doubts or questions you have- really anything that is weighing you down. Once your list is complete - put it aside.

Step 3 Close your eyes, get comfortable and begin to breathe. Count from 1 to 5 taking deep breaths in through your nose and fully exhaling through your mouth. Really make a point of focusing your attention on your breath and remind yourself to inhale a sense of calm and relaxation. Imagine the clutter being carried away with every exhale

Step 4 At the count of 5, notice how much more relaxed and at ease you are in this moment- you are ready to expand your feelings of confidence and well being in this moment

Step 5 1-You are continuing to focus on your breath, deeply inhaling through your nose a sense of calm and relaxation and exhaling out your mouth fully.

Step 6 2-Do a body scan and notice if there is any tightness or tension anywhere in your body. Inhale and imagine your breath landing on that part of your body, allow it to relax and now with your exhale, imagine your breath carrying that tension away with it out the tips of your toes and fingers. You are more at ease here, more relaxed.

Step 7 3-You may notice some stray thoughts pop into your head, that's normal. Simply notice them and then tap them away with each exhale. Refocus your attention on your breath, breathing in a deeper sense of calm and relaxation and wellbeing. Exhale fully.

Step 8 4-Continue to focus on your breath as you allow yourself to fully relax your mind and body. With every deep inhale, welcome in a sense of confidence & possibility. Notice the sense of calm & renewal filling your being.

Step 9 And 5- Breathing in- you are relaxed, alert and refreshed as if you have had the perfect amount of rest. You are fully grounded to the floor beneath you and supported by it. You are allowing peace, joy and confidence to fill your being as you open up in this moment to a deep experience of peace and hope.

Step 10

You are now fully present with your self in this moment. Slowly and effortlessly allow your eyes to open- you are wide awake and alert. You feel better than before – you are fully present here – feeling more hope, more confident, more supported, more calm and more ready for all the possibilities in store for you today. Now rate your level of stress here again out of 10. (0 = feeling at ease. 10 = completely overwhelmed) Notice how much lower it is. You are feeling well. You have created peace for yourself. Enjoy.

If you would like to work with Brita more, contact her for a complimentary consultation @ 778-294-1429
info@britamclaughlincoaching.com