

Chill Drills

Relaxing Your Body and Mind

Transcript of audio presentation by Heidi J. Bauer, MSW, LCSW

Track 3. Releasing stress

Close your eyes. Sit comfortably with your feet on the floor or lay down. Place your hands in your lap or at your sides. Keep your legs and ankles uncrossed. Take three long deep breaths. We want to get rid of all negative thoughts and pay attention to our breathing.

Now focus on your head while continuing to breathe deeply. Take three deep breaths. Good.

Now focus on your forehead and eyes. Imagine your forehead relaxing and your eyelids getting heavy. Try to block out all images. Take three deep breaths. Now move to your nose, mouth, and throat. Take three deep breaths. Good. And let your shoulders drop. Feel the tingling in your arms as your focus moves down your arms and into your hands. If you feel tingling, that's okay. You don't need to move your arms or hands to make it stop. Let the tingling consume you. Take three deep breaths.

Now focus on your chest and the area around your heart. Imagine the sensation of warmth. Let go of any pinching you may notice. Take three deep breaths. Notice any emotions of goodness. And take three more deep breaths. Now focus your attention on your stomach, the center of your body. Take three deep breaths. Then, focus your attention on your pelvic area. Focus and pay attention to what it feels like to be safe. Free from harm. Free from injury. And take three deep breaths. Take three more deep breaths.

Imagine all the negativity going down your thighs, down your calves, and out the bottom of your feet. Down your thighs, down your calves, and out the bottom of your feet. Focus on that occurring over and over. Take three deep breaths. Now ask yourself what do you need today to be as safe as you can be? And if you don't know, that's okay. Take three deep breaths. When you open your eyes and come back to your surroundings, you will feel calm and focused. Take three more deep breaths. You can open your eyes when you are ready.