



Two-Minute Calm Down, Bliss Out Handout

Calm Down, Bliss Out Method

Preparation

This quick series of exercises takes about two minutes:

- 1) Perform a full body stretch.
- 2) Locate a quiet place and sit comfortably on a chair.
- 3) Plant your feet firmly on the floor.
- 4) Either cup your hands in your lap, or place them palms down on your lap.
- 5) Make sure that your bottom is right against the back of the chair. Relax your stomach and loosen your shoulders.

Exercises

The following exercises will help relax tensed muscles, to help you focus on your breathing:

- One chin tuck - hold for five seconds and release.
- Drop the jaw for three seconds then release and close your mouth softly.
- Stretch the fingers of one hand and then the other. Separate your fingers and stretch hard, especially the thumb.

Breathing

Focus on the quiet breath, in and out through the nose. Feel your waist expand gently, breathing in and flowing into the out breath phase. Do not hold at the peak of inhalation. Notice the small relaxed pause at the end of the exhale. Do not hold; just let go.

Quiet Mind

To still your busy brain, concentrate on silently counting numbers during the relaxed pause phase. This can be done with the eyes closed or with the eyes open while focusing on a particular object, then softening the eyes (stop hard focusing). Do not try to stop thoughts; simply concentrate on the rhythmic flow of numbers. Start the numbering at 1 and move up to 10, then back down to 1.

When you come back to 1...

S t r e t c h, Smile & enjoy the calm....