

## Resilience Guided Meditation

Find a comfortable spot to lie down and relax. Protect your space by making sure devices are turned off and doors are closed to protect this time for yourself. Light a candle or use essential oils to mark this time as a period of rejuvenation.

Let's start with helping you to relax your body. Imagine a warm towel spread across your feet. Feel the warmth ease into the soles of your feet and begin to spread through your feet up to your ankles. As you feel the warmth spread, allow your muscles to become soft, loose and relaxed. Allow any tension to melt away.

Feel the warmth spread up your legs slowly into your shins, knees, thighs and hips.

Allowing any soreness or tightness to loosen. Feel the warmth ease up your ribs, chest, neck, and to the top of your head. Feeling the muscles loosen around your mouth, eyes, and forehead. Imagine the warmth running down the back of your neck into your shoulders, arms, and hands. Allow any pain or tightness to melt away.

**\*\*\*Pause\*\*\***

Now, as your body enjoys this moment of rest, focus on your breath. Take a deep breath and slowly release it. Place your hand on your belly and notice the rise and fall as you breathe deeply all the way from your belly to your lungs and release. As you breathe in, take in peace. As you breathe out, let go of any negative self-talk or distracting concerns.

**\*\*\*Pause\*\*\***

Today, we are going to focus on your resiliency. As you breathe in and out, picture yourself as a sleeping bear. Feel your chest swell with power as you take deep breathes.

Notice the strength in your shoulders and arms. Listen to the force as you breathe out.

Continue to focus on your breathe.

Think about how you can be both calm and powerful.

**\*\*\*Pause\*\*\***

As you relax deeply, think about a time when you stayed calm during a challenging situation. Think about the skills and strength it took for you to maintain this calm. Notice how you intuitively knew what to do. Take a moment to appreciate yourself and your ability to handle hard things.

**\*\*\*Pause\*\*\***

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Now, think about the connections in your life that help you to be resilient. This may be family, friends, church, work, pets or other things that allow you to feel connected and supported. Think about a time these connections allowed you to do something difficult. Allow yourself to feel gratitude for these connections.

**\*\*\*Pause\*\*\***

Return to your breathe and enjoy this moment of gratitude. Continue to look inward and think of a time when you felt accomplished. Think of a project, task or skill that you completed successfully. Remember that sense of accomplishment or mastery. Imagine standing tall with you head held high and shoulders back. Embrace this confidence. Remember this feeling. Draw on this memory when you doubt yourself.

**\*\*\*Pause\*\*\***

Continue to notice your breathe as you feel calm, connected, and confident. Going a little deeper, think about where your resiliency comes from. Think about your history. How were others in your family resilient? What challenges did they over come? This may even be family members that you never knew. There stories might have been passed down. Imagine a golden thread running through the family passing on this resiliency. As the thread reaches you, feel a push of power as these gifts are passed onto you in your own unique way. Think of a symbol to represent your resiliency. Hold onto that image.

**\*\*\*Pause\*\*\***

We are coming to a close now. I am going to count to 5 and then you will be fully awake.  
1 2 3 4 5....

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