

Mindfulness at Work

Meditation Transcript: Relax

Timing 4-6 mins

Welcome to this short, simple guided relaxation

Take a moment or two to begin to settle your body

Sit comfortably: back straight, feet flat on floor, hands resting in your lap

If you wish, close eyes. Otherwise lower eyes & soften gaze

Start by taking couple nice deep breaths. Letting everything go on the outbreath
Any thoughts, concerns or worries you don't need to be carrying or holding onto at the moment,
imagine putting them to one side just for the moment
Let them go with each and every outbreath

Now in your mind's eye, imagine standing outside your front door at home
Now imagine standing in front of your kitchen sink at home
So, you can take your attention wherever you want it to go within your mind. It's that simple
So now let's take your attention to your body, starting at your feet

Relax your feet by imagining your feet feel warm, heavy & relaxed

Relax your ankles, relax your calves

Relax your entire lower legs. Let them feel warm, heavy & relaxed

Now relax your thighs. Relax your entire legs. Warm, heavy & relaxed

Relax your hips & pelvis

Relax your lower back, your middle back & your upper back

Relax your shoulders. Drop your shoulders. Let all tension fall away from them. Let your shoulders go

Relax your stomach muscles. Let them release. Let them go

Relax both hands. Relax your wrists, your forearms, your elbows, your upper arms. Your entire arms are warm, heavy & relaxed

Now relax your shoulders again. Let them drop some more. Let your shoulders go

Relax your neck & your jaw. Let your jaw loosen

Now relax your mouth and your cheeks

Relax your eyes & all the tiny muscles around your eyes

Relax your forehead. Feel the skin on your forehead smooth out

Finally relax your scalp. Let your whole body feel warm, heavy & relaxed

Now bring your attention to your breathing

Observing where you feel the movement of your breath most in the body. Maybe it's your belly or chest or throat or nostrils? Wherever you feel the breath most, focus your attention there

Just observing the breath going in and out

Paying attention to the In Breath & Out Breath

Noticing in inhale and the exhale

No need to change anything

Just paying attention to your breathing

Now returning back to the space around you

Maybe feeling the chair or cushion you're sitting on, your feet on the floor. Notice any sounds around you

When you're ready, gently open your eyes