



LANA H ALLEN

Get Back to Happy and Feel Good NOW!

Welcome to this mindfulness exercise, taken from the book, *Mindfulness: From Chaos to Calm*. I'm Lana H Allen, the author.

Please join me as I guide you through the **Mindfulness Exercise: Calm and Relaxed**.

This exercise is designed to help you become aware of your breath, release tension, and become calm and relaxed, so that you can feel good and live a happier, healthier life.

1. Stop for a moment and simply become aware of your breathing. Notice your breath going in and out.
2. Now relax your body and take a deep breath in; allow your abdomen to rise as it expands fully. Breathe out completely and feel your abdomen fall as you exhale.
3. Take another deep relaxing breath in and notice the gentle rising of your abdomen; exhale and focus on releasing the breath completely.
4. Now take a long, slow, deep breath in and as you exhale, relax your muscles and release any tension that you're feeling.
5. Continue taking deep relaxing breaths and allow your muscles to relax even more.
6. Breathe in relaxation, breathe out tension. Feel the breaths flow evenly, deeply, and naturally.
7. Take another deep relaxing breath in and as you exhale, notice how it feels when your body is relaxed.
8. Continue to breath naturally and deeply. Bring your attention to your thoughts. Without any effort, simply watch the thoughts come and go. Don't judge the thoughts and don't judge yourself for having the thoughts.
9. Take a few more deep calming breaths and allow any tension to dissolve as you become relaxed with your thoughts.
10. Now take a long, slow, deep breath in and as you exhale, allow the thoughts to drift away and bring your attention back to your breathing.



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11. Take a deep relaxing breath in and notice the gentle expanding of your abdomen; exhale and focus on releasing the breath completely.
12. Take another deep calming breath in and as you exhale, allow your mind and body to relax even more. Notice how it feels to be calm and relaxed.
13. Breathe evenly, deeply, and naturally as you continue to experience this relaxed sensation and enjoy the feeling of being completely present and peaceful.

Repeat this calm and relaxed exercise so that deep relaxed breathing becomes natural for you. Repetition is the key to lasting change and in time healthy breathing can become your automatic response to stress and chaos.

Your breath is a miracle, be grateful for it and use it to live well.

Keep Calm

Here are a few ways to remember to do the Mindfulness Exercise: Calm and Relaxed, throughout your day:

- Choose specific times of day to do the exercise so that it becomes part of your daily routine. You could choose to do it before or after a meal, when you wake up, before you go to sleep each night, or any time that is convenient for you.
- Write 'Calm and Relaxed' on cards or sticky notes and place them around the house, in your car, at work, or anywhere that you will see them as you go through your day, and use them as a reminder to breathe deeply, naturally and easily.
- Schedule time in your calendar to do mindfulness exercises.

The more often you allow yourself to have calm moments, the sooner it will become a habit for you to experience calm instead of chaos.

For more information about this mindfulness book series, go to:
<https://lanahallen.com/books/>