

Soothing Affirmations

Affirmations are positive, affirming statements about yourself. Say the following statements out loud, slowly, with feeling and a sense of conviction several times a day. Choose one or more that resonate with you. Write the statements on cards and place them in easy-to-see locations, like your car's dashboard, a mirror, a door, or your telephone. When writing affirmations stay in the present tense.

Examples:

I'm on the road to feeling calmer.

I'm improving one step at a time.

I'm learning to take better care of myself.

I accept the natural ups and downs of life.

I am learning to be comfortable by myself.

I am learning to relax and let go.

I will be okay no matter what happens next.

Breathing exercise- The Purifying Breath

1. Sit or stand comfortably.
2. Inhale slowly and deeply through your nose.
3. Hold this breath for a few seconds.
4. Exhale a short burst of air through a small opening between your lips as though you are blowing through a straw. Stop exhaling for a moment and then blow out a bit more air. Repeat this procedure until all the air is exhaled in small, forceful puffs.