

Mindfulness for Anxiety and Stress

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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This is a brief guided mindfulness exercise to relieve stress and anxiety that you can do anytime, anywhere.

It will leave you feeling more grounded, relaxed, and alert to your present moment experience of your body and senses.

So to begin, allow yourself to get comfortable. You can be seated or you can lie down for this meditation.

Take a few deep breaths, inhaling deeply and exhaling slowly.

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Allow yourself to let go
of any stress you've been feeling.

Let go of any tension
in your shoulders.

Let go of any tension
in your jaw.

Allow your breath
to return to normal,
simply bring your awareness
to what it feels like
to breathe right now.

Notice the physical sensations of breathing.

Wherever that physical sensation
of breathing is the most vivid,
place your awareness there.

You might feel it most
in the rise and fall of your abdomen.

You might feel it most
in your nostrils.

Wherever that sensation is the clearest,
simply place your focus right there.

Experience the inhale.

Experience the exhale.

Experience the in between.

and each time that you notice
that the momentum of your mind
has drawn your awareness away from your breath,
gently,

non-judgmentally

place your attention

back on your breath.

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You might find it helpful
to say within your mind inhale
each time you inhale
and exhale
each time you exhale.

By silently saying these words,
you draw your attention back to your breath.

....

Your mind will wander.
Simply notice when it does,
and with compassion and love for yourself
accept or acknowledge that your mind has wandered
and bring your awareness back
to the physical sensation of breathing.

Observe each breath
as though
it's the first breath you've ever taken.

This is an opportunity to pay attention,
to pay attention to this present moment.

Place your attention on your breath
in this present moment.

Simply notice and feel
what it feels like
to breathe in this present moment.

And as the momentum of the mind draws
your awareness away from your breath,
kindly and gently bring your awareness back
to your breath.

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Allow yourself to explore this moment,
to be curious about this moment,
to allow your breath
to open up the doorway to this moment.

As you prepare to come out of this meditation,
notice how you feel in your body.
Take a moment to feel this feeling of presence.
Take a moment to experience it,
to notice what it feels like
in your body to be present.

Offer yourself a little gratitude
for taking the time to be present,
and carry this feeling of presence with you
as you go out into your day.

May you be present.
May you be peaceful.
May you be gentle
on yourself today.
Thank you.

