

# Breathing Into Tension

## Mindfulness Worksheet

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



Whether we are aware of it or not, the physical body is a storage place for stress.

As we each have unique habits and constitutions, where we hold our stress varies from person to person.

By mindfully engaging the power of the breath, we can start to relieve some of this tightness and tension that we experience.

Where our tension is cause for concern, proper medical or professional care is still necessary; this is not a replacement for that.

However, much of the tension we feel is due to unconscious patterns that can, through our compassionate attention, be softened overtime.

We might use mindfulness practices alongside whatever other therapies we require to help nurture, heal, and support both body and mind.

Consider the following practice to begin mindfully breathing into and softening your stress points.

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### PRACTICE:

1. Come to a lying down position, comfortably resting on your back. Use any cushions and blankets you need for support.
2. Close your eyes and begin to take a few slow and steady breaths to ground yourself. Then, notice if there are any areas within the body that feel tense or tight. Hold these areas in your awareness for just a few more breaths.
3. Now, to breathe into these areas, focus your attention on one particular part of the body that yearns for release or support. Let your next inhalation be long – and as you breathe in, imagine that a radiant white light enters your body through your nostrils and moves towards the place that calls for your attention.
4. Hold this nourishing light on your tension for a brief second, and as you exhale, envision some of that tension being released. Repeat this with the body part in question until the tightness or discomfort is lessened or has disappeared all-together.
5. If there is another area of tightness, repeat this exercise in the same way. Envision a pure white light filling your lungs as you inhale and then moving towards the area of tension. Imagine it carrying that tension away as you exhale. Repeat until, once again, the tension observed is softened or absent.
6. When you are finished, hold the entire body in your awareness. Make note of what is present for you and what has shifted.

### REFLECTIONS:

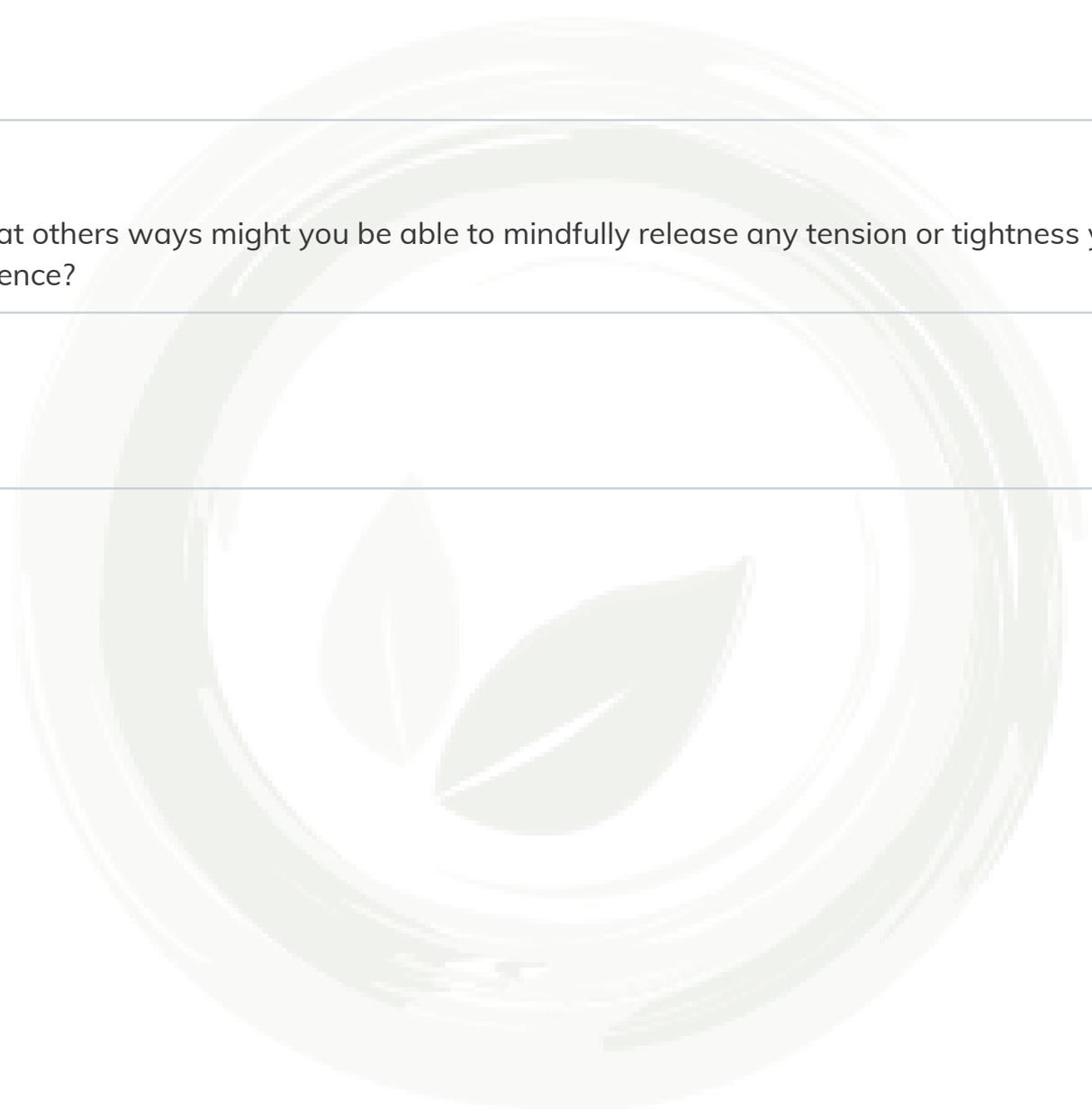
Consider the following questions to deepen your curiosity and insight about what happened for you during this exercise.

1. How did you feel at the start of this exercise? How did you feel at the end?

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2. If no shift was observed, why might this have been? If a shift was observed, why might this have been?



3. What other ways might you be able to mindfully release any tension or tightness you experience?