

THE MAGIC SHELL



Imagine that you are standing on a beach. Visualize the beach in your mind. Can you feel the sand beneath your toes and the warm sun on your face?

When you look around, you can see the vast, silver-blue ocean, and the sunlight sparkles like tiny stars dancing on the surface. In the sand is the most beautiful shell that you have ever seen. When you pick it up, it feels warm. Imagine you are holding the shell. What does it feel like? Is it smooth or rough?

This is now your magic shell, and you can tell it your secrets, and it will keep them.

You can also tell your shell any worries that you may have. Tell it about any problems that may be troubling you. The shell always wants to hear your fears, no matter how big or small they may be. So, whenever you have worried feelings, you can tell your shell about them, and it will magically take those uncomfortable feelings and turn them into good ones.

In your mind, silently tell your shell whatever you wish. No one else will know what you say. Only you and your shell! As you say your words, they go right into the middle of the shell so that it can take them away for you. Could you take a moment to talk to your shell?

How do you feel now? The shell has made them disappear. Just like magic! They are gone!

As you hold your shell close, you will feel calm and happy. You feel peaceful all the way from the tips of your toes to the end of your nose. Feel it right now.

Notice how it feels.

You can imagine your shell whenever you wish to make bad thoughts and feelings disappear, whenever you want to feel calm. Your shell will always be there waiting in your imagination.

Next time you visit the beach, you can always look for your own real magic shell. Just choose the shell that feels right for you; this will be the magic one.

NECK AND SHOULDER AWARENESS



Sit comfortably and breathe in and out slowly.

This exercise aims to notice how each part of your body feels.

Start at the top of your head. Can you feel your hair? What does it feel like? Is it rubbing on your face? Have you got a hat on? Can you think of your hair tie? Start to make your way down to your shoulders. Can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Next, do a few neck stretches, turn your head to the left and slowly to the right. Breathe in and out, and repeat until you feel calm again.

HANDS AND TOE AWARENESS



1. Clench your fist. Imagine you are holding a lemon and trying to squeeze the juice out of it. Feel the tension in your hand and wrist. Repeat slowly ten times.
2. Rub both hands together quickly, and feel the friction between your hands. Can you feel the heat?
3. Place both feet flat on the floor. Wiggle your toes. Feel the sensation. Curl your toes. Uncurl your toes. Repeat ten times while trying to do one toe at a time.

BLOW YOUR WORRIES AWAY



Close your eyes and take in a very deep breath.

Pretend your tummy is a balloon, and as you inhale, make that balloon as big as you can.

Now, exhale and release it all. Just relax into the present moment.

Do it again. Inhale fully and make the balloon any color you want.

Now as you do this, allow your arms and legs to get as floppy as a rag doll. Just let them get heavy and loose, all relaxed.

Allow your body to continue relaxing while you use your imagination to picture something wonderful!

In your mind, pretend you are pulling a big magical bubble blower out of your pocket.

It looks like an ordinary bubble blower, but this one has real magic in it. It had been small, but now you realize it becomes enormous! It's bigger than any bubble blower you've ever seen.

Now, on the other hand, imagine you have a big bottle of magic bubble soap. Put the blower into the thick magic bubble liquid. Make sure to get it nice and soapy.

Now you can start to blow through the bubble blower to make your gigantic bubble. As you do this, place any worry or fear you have about anything into that bubble.

Just put it all in there. Then continue blowing the bubble until you think it's big enough.

As you finish, watch how a very strong, friendly wind comes along and carries your worry bubble far, far away. It carries it so far away that you will never have to worry about that again. It's leaving now. Watch as it goes.

You can blow up as many bubbles as you need to with your magical bubble blower. Put anything in there that is bothering you and watch as the wind carries the bubbles far, far away. They just float out into nothingness.

You can use this magic bubble blower whenever you need to, just by imagining it in your mind. I'll be quiet now so you can finish.

FULL BODY STRETCH



Stand up straight. Place both feet shoulder-width apart.

Find your balance.

Slowly stretch your arms up high; imagine you are trying to touch the sky.

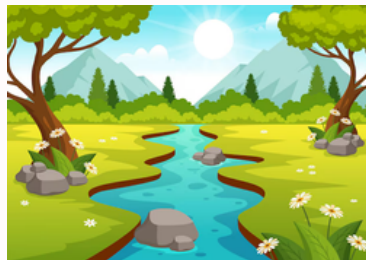
Stretch so high that you have to stand on your tiptoes.

Wriggle your fingertips and feel the stretch in your toes, calves, back, shoulders, arms, and fingers.

Relax for 10 seconds.

Repeat ten times or until you feel calm again.

FLOATING DOWN A STREAM



Imagine a perfect day outside. The sun shines brightly, illuminating everything around you. You step into a cool stream, feeling the refreshing water against your warm skin. Climb onto your board and let the gentle current carry you downstream.

As you float, dip your fingers into the water, creating ripples and circles as you drift along. Reflect on the beauty of life and embrace the calmness of the stream. Feel gratitude for this moment, knowing that every day is an adventure with its unique joys.

Notice the vibrant green trees, the cheerful chirping of birds, and the fresh air. Each element fills you with appreciation for being alive. Life is full of surprises, and right now, in this serene moment, you are exactly where you need to be.

Take a moment to enjoy the peace of this experience.

TAKE 6 BREATHING



1. Stretch your hands out.
2. Get ready to trace your head with your pointer finger.
3. Trace your finger around each finger on the other hand slowly.
4. As you trace, breathe in through your nose and out through your mouth.
5. Continue until you've traced around your whole head.
6. Repeat until you feel calm again.



YOU ARE LOVED

Picture yourself watching a movie of your life.



See moments when you showed kindness and when others were kind to you. Remember a time you did something nice for someone. Reflect on how it made both of you feel.

Now, think of a time someone helped you. What did they do?

How did their support make you feel?

Let the warmth of these memories fill your heart.

Recognize that love is shown in various ways—through words, actions, or simple gestures. Think about all the people who love you: family, friends, and important figures in your life.

Remember, everyone expresses love differently. Feel those warm emotions swell within you, reminding you that you are loved, beautiful, and unique.

As you breathe in deeply, repeat three times, “I am loved.”



THE PEACEFUL BUTTERFLY

Find a comfortable place to sit and focus on your breathing



Inhale deeply for a count of three, then exhale slowly for three counts. Now, imagine yourself as a beautiful butterfly fluttering high in the sky.

Feel the gentle wind against your delicate wings.

As you soar, the wind carries away your worries and stresses, leaving you feeling free. Your mind is clear, and your body is relaxed. The sun warms you, and the fluffy clouds in the sky remind you of your calmness.

Enjoy the vibrant colors of the earth below and let the joy of this peaceful moment wash over you. Stretch your wings and embrace this freedom.

Take a deep breath in, and exhale slowly. Give your body a big stretch.





RAINBOW

**Visualize the colors of the rainbow
flowing through your body.**



1. **Red** : Imagine it traveling over your head, down your neck, shoulders, and arms, filling your heart and legs. Feel your body relax with this warm red energy.
2. **Orange** : Let it flow in the same way, bringing relaxation and comfort.
3. **Yellow** : Picture it traveling through you, bringing warmth and peace.
4. **Green** : Feel the soothing green color relaxing your muscles.
5. **Blue** : Imagine it washing over you, calming your mind.
6. **Indigo**: Let this deep hue surround you with tranquility.
7. **Purple**: Finally, envision the vibrant purple wrapping you in a blanket of relaxation.

As the colors envelop you, imagine gently floating back down, back to your bed. Remember, you can return to this rainbow anytime you wish.

FLOATING ON A CLOUD

Visualize a big, fluffy cloud floating above you.

Gently land on it and take a moment to explore its texture and scent.

- What color is the cloud?
- What does it feel like?
- Does it smell fresh or sweet?



Listen closely. Do you hear the wind, raindrops, or birds?

This cloud is your safe, peaceful space. It can drift you to anywhere you desire.

Where do you want to go? Allow yourself to relax and enjoy this quiet moment.

FIND THE LETTERS IN YOUR NAME



1. Find a comfortable position and calm your mind. Focus on your breathing—inhale for three counts, exhale slowly for three counts.
2. Start with the first letter of your name. Look around the room and find items that start with that letter.
3. Continue with each letter of your name. How many items can you find for each one? Which letter had the most?

**Repeat with your middle and last name
until you feel calm.**

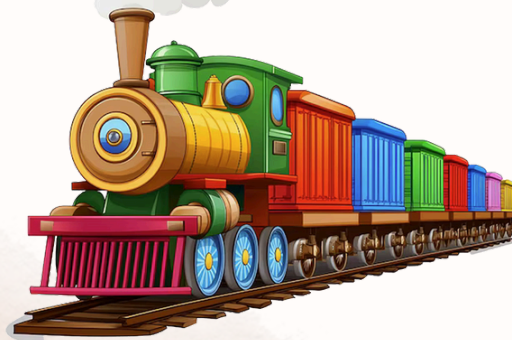
COUNTING



Counting helps focus your mind, leading to relaxation. It's natural for your mind to wander; when it does, gently redirect your attention to your breathing.

Count backward from 100 to 1. If you lose your place, start again from 100. Once you reach 1, enjoy a few moments of silence. This exercise builds concentration and provides a soothing inward experience.

A SLEEPY TRAIN



Find a cozy spot to sit, letting go of the day's tension. Breathe deeply, inhaling and exhaling slowly. Picture yourself approaching a long train parked at an old station, steam billowing from the engine.

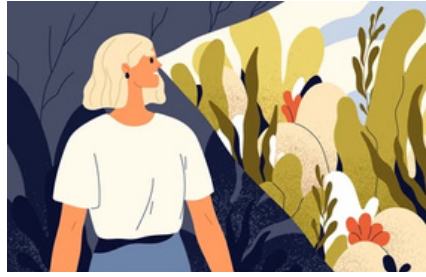
Climb onto an open wagon, feeling the gentle movement of the train as it begins to depart. Let the scenery pass by, feeling cozy and relaxed, as you drift into a peaceful sleep.

VISUALIZING YOUR PEACEFUL PLACE



Find a comfortable spot. Could you take a moment to sit back and relax? Gently close your eyes and breathe deep into your abdomen. Feel yourself in your body right now at this moment. As you breathe, allow your body to completely and fully relax. Stress is flowing out of you with each breath. Your body is becoming limp and comfortable. Let the tension in your brow go. Let the tension in your lips go. Let the pressure in your eyes go. Once you feel completely relaxed and centered, bring yourself to one of your favorite peaceful, beautiful places. This could be a place you've been to before, like a silent redwood grove with cool shade and towering ancient trees that protect you in their mammoth embrace or a white sand beach where the ocean waves gently lap the shore, and the smell of the sea makes you feel at home. On the other hand, it could be a place built entirely in your imagination, a lovely, slowly swaying bridge that you stand on, watching a babbling brook flow away beneath it, or an ancient oak in the autumn, something out of an old legend, or golden leaves fall around you as you sit under the shade and watch the golden orange sun pass over the horizon into twilight.

FOCUSING ON THE COLORS YOU SEE



The world is full of beautiful colors, and you can practice mindfulness by paying attention to which ones you see in the present moment. We rely heavily on our sense of sight, making it a powerful tool for cultivating mindfulness. Sit down in a quiet and peaceful place. Could you arrive in the present moment?

● Red

Create a picture in your mind of the color red. Imagine red of all shades: rubies, grapefruit, red landscapes, brick. You can picture any red objects. Imagine all the different tones of red. Roses, apples, sunset. Enjoy red and allow yourself to breathe the color red into yourself. Become aware of red all around you, all through you.

● Orange

Now you can just allow the color you imagined to change into orange. Think of orange flowers. Marigolds. Picture the color orange, all the various infinite shades and tints of orange. All the orange flowers you can think of. All the orange fruits and vegetables: flowers and pumpkins, carrots. Fill the entire visual field of your mind's eye with orange. Orange soothes you and revitalizes you. Enjoy orange.

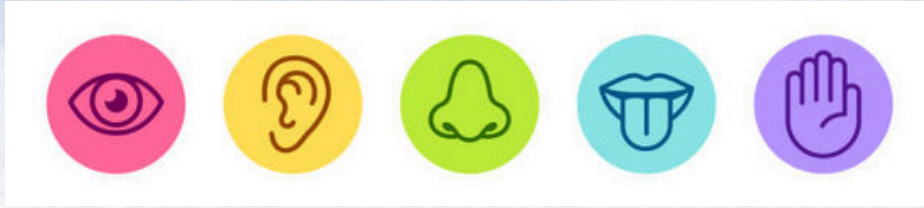
● Yellow

Allow your mind to see the color yellow—powerful, bright yellow. The bright yellow of the "sun glow" above you at high noon. Visualize yellow and see in your imagination; see all the shades of yellow using your inner eye. Allow yellow to fill your vision. Lemons and flowers and fall leaves. Imagine all the endless tones of yellow. Imagine yourself surrounded by yellow. Immerse yourself in a sea of yellow. And allow yellow to support you.

● Green

Now let the color you're imagining become green. Fill your imagination with the color green. All the infinite varieties, tones and tints, and shades of green. Plants, leaves, grass, emeralds, crystals. Just imagine being surrounded by beautiful green. Everything from the lightest to the darkest. Bright green, subdued green, just green. Green fills you, revitalizes you, and refreshes you.

AWARENESS OF THE FIVE SENSES



Leaving your eyes open, notice five things you can see. You can say them out loud or silently in your head. With each of the five sights, pause to take them in completely. Next, notice four things you can feel in your body. Please note them out loud or in your head, and rest your attention with each sensation for a few deep breaths. Name three things you can hear. Try to choose three different sounds, not the same noise, three times. Note two things you can smell. Imagine smelling your favorite items if you cannot smell two things now. Finally, could you find one thing you can taste?

AFFIRMATIONS



Find a comfortable place to sit. Start with your breathing. Calm your mind and slow down your breathing. Breathe in for a count of three and out slowly for a count of three. Could you repeat the below affirmations ten times, think about what you are saying, and believe them more and more as you say them?

I am **SMART**

I am **BRAVE**

I am **STRONG**

I can do **HARD THINGS**

I am **LOVED**

I am **IMPORTANT**

I am **CAPABLE**

I am **ENOUGH**

I am **ME**

MENTAL EXERCISES



This exercise will help bring your mind and attention to the present moment. You can be in one place, one room. Maybe it is a room you have never been in before, or perhaps it is a room you are familiar with and have been in plenty of times. Find a comfortable place to sit. Start with your breathing, calm your mind, and slow down your breathing. Breathe in for a count of three and out slowly for a count of three. Could you look around the room? Name all the objects that you can see in the room. Did you notice anything new? What stands out to you the most? What do you like about this room? What do you dislike about this room? What does the room remind you of? What does it smell like? Find one object in the room and think about how you would draw it in your mind. For example, picture the room upside down. How would this feel?

THE BIG WHITE HOUSE



Imagine you are walking along a white beach. You can hear the birds and the gentle roll of the waves. You can feel the sand between your toes. It is a quiet and safe place. The sun is shining down on you, making you feel warm. You have been looking for a place to be quiet and comfortable. You stop and stand, looking out over the vast ocean and noticing all the water's colors. The colors are mixing and churning, creating the foam, white crest at the top of each wave. The roll of each wave sounds like the Earth breathing. O... ocean. O... ocean. Over and over again with each wave. You feel the power of the ocean and the Earth.

Just ahead of you, you notice a big white house. It is mesmerizing to you. It looks beautiful, like a temple or small castle. You walk towards it, relaxed and interested. You follow a path to the front of the house and see that the door is open. You feel safe and that it is okay for you to go inside. You step inside the house. You find yourself in a hallway with decorations, lights, and paintings. A spiral staircase stands before you. You know you want to go up those stairs. You suddenly become aware of a hefty backpack you have been carrying all this time. The backpack contains your worries, thoughts, concerns, and uncomfortable feelings. You have been carrying them for a long time, and this backpack is weighing you down. Your shoulders ache, and your back feels tight and tense from all these negative feelings.

You slowly remove your backpack and, with it, all your troubles. Then, finally, you feel released and free! You can now quickly go up the staircase. You become lighter, happier, and calmer with each step you take. Each action brings you closer to comfort and joy. The comfort and joy live in you; nothing can get in the way of feeling them, reaching them, and having comfort and fun.

Now at the top of the stairs, you are strong and powerful. A large window is open at the top of the stairs, and a big, comfortable white chair is in front of it. You sit down and face the window, watching the beautiful ocean again. This time is yours. You watch from your chair, by your window in your house. Breathe in the soft ocean air, and know you are home.