

Module 2 MaPS-Teen Teen Handout #6

Quiet Body, Quiet Mind:

Position yourself comfortably either in a chair, or on the floor. Dim the lights slightly, and ensure that you will not be interrupted or distracted.

Put both hands on your abdomen and close your eyes. Clear your minds and concentrate only on your breathing. Breathe in through your nose and take slow, deep breaths, pulling air deep down into your belly. As you breathe in, you should feel your hands rising and falling on abdomen. Hold each breath for 4 seconds and then breathe out slowly, through your mouth, making a “whooshing” sound, as you exhale. Turn your mind to your breathing and tune into your body’s sensations. Your focus must be entirely on your breathing and your body’s internal sensations only. Now begin: Take a deep breath in through your nose, slowly, deeply, and hold it, 1, 2, 3, 4. Now exhale slowly: whoooooosh (do it with them). That’s one. Now again, deep breathe in, hold it, 1, 2, 3, 4, exhale slowly, whoooooosh. That’s two. (Repeat this with them for 5 cycles.)

Now imagine your peaceful scene, your special, quiet place. Visualize the colors and shapes around you. Take in the scene; let your mind carry you away, back to that favorite moment you remember so fondly. Imagine the smells, sounds, and feelings you can recall so vividly from your special place—one of your favorite memories. Remember how content, how relaxed, how peaceful you felt, when you last visited that place. You find yourself there again, remembering it well, hearing, smelling, and seeing all the images of your special place.

Keep the image of your special, quiet, peaceful scene in your mind as you take three slow, deep, abdominal breaths. Remember to breathe in through your nose and take deep breaths slowly, deep down into your belly. As you breathe in, you should feel your hands rising and falling on your abdomen. Hold each breath for 4 seconds and then breathe out slowly through your mouth, making a “whooshing” sound, as you exhale. Take a deep breath in through your nose, slowly, deeply, and hold it, 1, 2, 3, 4. Now exhale slowly: whoooooosh (do it with them). That’s one. Now again, deep breathe in, hold it, 1, 2, 3, 4, exhale slowly, whoooooosh. That’s two. (Repeat this with them for three cycles.)

Now stretch out your neck muscles by arching your head down, trying to touch your chests with your chin. Hold it, 1, 2, 3, tighter, 4, 5, 6, 7. Now release. You can take turns arching your head down in each direction—front, back, left, and right—(because the neck in particular often carries a great deal of muscle tension.) Now tense your shoulders by arching them back as if you were trying to touch them together. Arch them back, hard, hold it, tighter, 1, 2, 3, 4, 5, 6, 7. Now release. (You can repeat the tense and release of the shoulder blades because this also often is a problem area.) Now raise your shoulders up, as if you were going to touch your ears. Hold it, higher, 1, 2, 3, 4, 5, 6, 7. Now tighten your thighs by straightening your legs out. Hold the tension in your legs, 1, 2, 3, 4, 5, 6, 7. Now release. Now curl your toes up, curl them as hard as you can—hold it, 1, 2, 3, 4, 5, 6, 7. Now release. Last one: Curl your toes down, into the floor—hold it, 1, 2, 3, 4, 5, 6, 7.

Now it’s time to come up from our peaceful place, come back to a state of full alertness. You are going to regain full mental alertness, focus, attention. You are refreshed, alert, wide awake. You are coming up, engaging your full attention back to the room, focused on the present. You are refreshed, alert, wide awake . . . refreshed, alert, wide awake.