

Positivity Infusion A worksheet by Kim McIntyre, available free at joyfulbeing.com

This simple technique is a wonderful antidote for tension and stress. It makes you feel calmer & more centered -- plus, it helps you to cultivate a positive outlook.

It is a three step process.

There's more than one way to do each step, so below you'll find a few options. Feel free to experiment with the different ways of doing it, so you can see what you like best. You might decide to combine more than one option for each step

Step One: Relax Your Body

Option A: Take three long slow deep breaths, relaxing deeper with each breath.

Option B: Take three long slow deep breaths, relaxing deeper with each breath, then...

As you continue to breathe deeply, say the following phrases to yourself:

I relax my feet and legs completely

I relax my hands and arms completely

I relax my torso completely

I relax my neck and head completely

(You can say the phrases out loud in a relaxed voice, or you can think them.)

Option C: Take a deep breath in and hold the breath for a few seconds while tensing all the muscles in your body. As you exhale, release all the tension. Repeat two or three times.

Option D: Similar to Option C, only instead of tensing all the muscles in your body at once, tense smaller groups at a time, For example:

Inhale, hold the breath while tensing your feet, legs & buttocks.

Exhale relax those muscles.

Inhale, hold the breath while tensing your arms, hands & shoulders.

Exhale relax those muscles.

Continue this process with the rest of your body.

Step Two: Relax Even Deeper

While continuing to breathe deeply, mentally count from 10 down to zero, relaxing deeper with each count. Allowing yourself to let go of any subtle tensions that you might not normally be aware of.

(If you need more time to relax, try counting from 20 down to zero.)

Step Three: Choose a Positive Mental Focus

Option A: Positive Self-Talk

Pick a phrase to focus on. Make sure your phrase is in the present tense, even if it doesn't feel completely true in this moment -- fake it until you make it!

Some examples of phrases:

- I am calm
- I feel grateful
- I am capable
- I choose to be amused
- I trust myself
- Life is a blessing
- I choose to experience this moment
- I feel happy

(Or, create your own phrase!)

Once you've chosen a phrase, mentally repeat the phrase with each breath that you take. Make sure your breathing is slow and deep to receive the most benefit.

Option B: Go on an Imaginary Vacation

Let your imagination take you somewhere that makes you feel wonderful. You might choose a favorite vacation spot, or revisit a happy memory, or dream up the ideal enjoyable location for you -- in your imagination it can be absolutely perfect!

Let yourself vividly daydream about this place, as if you're there right now. What do you see? Notice sounds, smells, the temperature, how things feel to the touch... notice how this place makes you feel. There's no right way or wrong way to imagine it, as long as it feels restful and/or rejuvenating for you.

Option C: Combine Options A & B

To complete the process:

Take three deep breaths, then gently open your eyes.

Make sure you're fully awake & alert before doing anything that requires concentration (things like driving, using kitchen knives, talking to your boss, etc.)

How long you do this is completely up to you. You could set a timer for 5 minutes or 15 minutes, or longer if you like. Or you might just decide to do it until you're feeling calmer or more relaxed & upbeat. If it's bedtime, you can even drift off to sleep when you're done (or even in the middle).