

ZEN ME



BALANCING

12-B

Line Breathing

- Picture a line with a point at each end.
- As you breath in, follow the length of the line in your mind until you reach the opposite point.
- As you breath out, follow the length of the line back to the starting point.
- Continue to follow the line with each breath and begin to notice the space between the in and out breath as you settle your awareness on the point at the end of the line.
- Avoid holding your breath, simply notice the space at the end of each inhale and exhale.

Zen Me

Utilize one of these sample
Zen Me techniques to support
energetic and emotional balance

For more info on the full resource,
contact Amy by email:
befitforlife@mhc.ab.ca



MEDICINE HAT
COLLEGE



be fit for life
medicine hat

PICK ME UP

17-B

Bunny Breathing

- Sniff 4 quick breaths in through your nose and follow with a big sigh as you exhale.
- Repeat 4 more times imagining you are cleansing your body and mind of anything negative.
- Follow with 3 deep nourishing breaths.

ANCHORED BREATHING

10-A

Do You Hear What I Hear

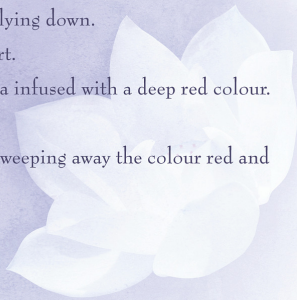
- Listen to the sounds in the space you are resting.
- Count how many different sounds you can hear.
- What is the closest sound you can identify.
- What's sound do you hear at the furthest distance.
- Let all the sounds meld into white noise.

LET GO

6-A

Colour Me Happy

- Get into a comfortable position, seated or lying down.
- Draw your attention to an area of discomfort.
- Focus on the discomfort and visualize the area infused with a deep red colour.
- Feel the discomfort intensify.
- On an exhale, visualize a pale blue colour sweeping away the colour red and releasing the discomfort.

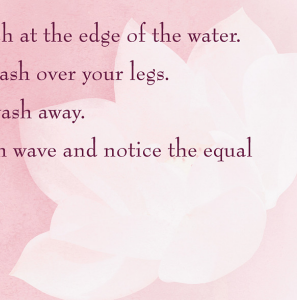


BALANCING

11-B

Ocean Tide

- Pretend you are laying on the beach at the edge of the water.
- Breathe in and imagine the water wash over your legs.
- As you breathe out, feel the water wash away.
- Be aware of the space between each wave and notice the equal rhythm of each inhale and exhale.



My Zen

List a technique that works best for you.

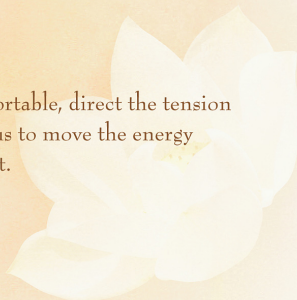
Additional Contact Info:

EMPOWER

19-B

Stress Re-direct

- Hold a squat or wall sit.
- As the position becomes uncomfortable, direct the tension out of the body by using your focus to move the energy away from the point of discomfort.



EMPOWER

20-B

Visualize – Reaction

- Imagine something negative happening.
- Think about how you are affected.
- What is your reaction?
- Now imagine the same situation but pause before you react?
- Look for the positives or opportunities that exist within the negative situation?

