5 Minute Meditation to Decrease Anxiety Transcript

(Transcripts are generated by AI and may contain errors)

Settling Into a Comfortable Seat

Start by finding a comfortable seat. Maybe for you that's sitting on a cushion or even lying on your back.

Breathing and Relaxing the Body

A place where you feel calm and comfortable. If today you're feeling particularly anxious, you might feel helpful to place an eye pillow or a cloth over the eyes.

We'll start to settle into the breath.

Using a Calming Mantra

Take three deep belly breaths, placing one hand over the belly button. Breathe in through the nose, out through Allow the forehead to soften. Allow tension in the face to melt down towards the floor.

Allow for relaxation in the jaw. Creating a little more space between the molars. Continue to breathe into the low belly. Full breath in. Complete breath out.

If you find places that can't relax today, send those spaces love and appreciation. Allow our outer layers to soften so we can coax the inner layers. Take a whole breath in, complete, breath out.

There's a mantra I like to use for times of high anxiety. If it resonates with you, you can let it be throughout your day, throughout this meditation.

I am whole. I'm here. Stay as long as you like. As long you need.