**Guided meditation for anti-stress and anti-anxiety**

Today we will be going on a journey of relaxation to ease your stress and allow you to free yourself of any problems or anxieties that might be on your mind. Remember, at this moment, you can be carefree, your only focus is you and nurturing your state of being. You are at peace. This is your time to allow tensions to dissolve and to connect with the present moment, to find that enriching calmness that you are longing for. So, we’ll begin by sitting comfortably, closing your eyes and becoming aware of your breathing. Take a slow, deep breath, in through your nose, allow your stomach to rise, and then breath slowly out through the mouth. As you exhale, allow your body to completely relax and let go of any tension or stress that’s weighing you down.

Breath in slowly again to the count of four, feeling your lungs fill with air. Hold the breath for two seconds, and then exhale through the mouth to a count of four. Continue this cycle, releasing any worries or tensions each time on the out-breath. Feel yourself letting go of that negative energy, focusing your attention on your breath as much as you can. You can breathe like this any time you feel stress, drawing in relaxation, and freeing yourself of worry. As you are focusing, you might notice your mind drifting away to other thoughts. Allow these thoughts to come and go, like clouds passing in the sky. Just noticing when the mind has wondered, and slowly bringing your attention back to your breathing again.

Now we’re going to focus on the body, slowly scanning down from head to toe, building up a picture of how the body feels in this moment. Notice the weight of it pressing down, that contact between the body and the surface beneath you. As you scan down, just notice those areas that feel relaxed, or perhaps tense in some way. Imagine with each inhale you are breathing in relaxation… and breathing out tension. First let’s focus on the face. Gradually allow these muscles to release, first your eyes, moving down to your cheeks, releasing any tension there. Scanning down to your shoulders, allow them to soften and fall, embracing the calmness of this safe and serene space. Let your arms relax and become limp, right through to your wrists and the tips of your fingers. As you breathe slowly in and out, notice how your stomach gently rises and falls. Allow it to soften, feeling the release of tension and worry with each exhale. Now scan down to focus on your legs, as you finally imagine all those muscles relaxing and loosening– your thighs, your knees, your ankles. Every part of your body is completely at rest and free from anxious energy that is not serving you. Your mind is at peace, it is clear and focused, as you treasure this moment of abundant positivity and calmness.

Take a few moments to imagine this scene. You are on a sandy beach, the ocean is calm, small waves are rippling gently towards the shore. Imagine the warm water lapping over your toes, the tide slowly drawing in and out, just like your breath. Breath in the air, it is early morning, and the beach is calm, the air cool and comfortable. Hear the rustling of the breeze blowing gently through the leaves of the palm trees behind you.

As you look up, you notice the sun is beginning to rise above the horizon. Small streaks of light are shining into the sky, as it gradually grows lighter, and the day is coming to life around you. As you relax, with each slow inhale and exhale, you notice how the sunrise has filled the sky. Everything is enveloped with a warm pink and orange glow. Allow yourself to bathe in this warmth, in the complete calmness of this moment. The breeze, the rustle of the leaves, the gentle waves drawing up onto the beach, the warm glow of the sunlight. Enjoy this moment of total tranquillity and calm, in this safe and beautiful space.

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When you feel ready, slowly begin to notice the activity around you. The birds are chirping, the sun is shining on the beach, everything around you is waking up to the beauty of the day.

When you feel ready, slowly bring your awareness back to your body and your own surroundings. Gently start to move your fingers and toes, waking your body slowly. As you open your eyes, take a look around you, sitting quietly for a moment. Keep with you that feeling of complete peace. Know that you can take this inner-strength and energy with you into your day, feeling wonderful and calm in all that you do.