

Daily Mind Matters Anxiety

Use the following Daily Routine if you are feeling anxious or you know of a situation that will cause you to feel anxiety in the future. It is recommended you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

Routine

- AM - Morning Meditation for a maximum of 15 minutes.
- Midday - Midday Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

On Waking

Make your cup of tea or follow your immediate routine.

Daily Meditation for Anxiety (Maximum duration 15 minutes)

Meditation - Anxiety

Find a place where you will be undisturbed for 5-15 minutes

Stage 1

Focus on gentle breathing.

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

Stage 2

Maintaining a gentle breath, silently say:

- *"I breathe in and create a calming space in my body."*
- *"I breathe out and release all my tension."*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- *"I give myself permission to feel calm and at peace."*

Repeat the saying for as long as you feel comfortable.

Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you anxiety as a tiny speck:

Silently say: *"This situation is not real, it no longer affects me."*

Repeat the saying for as long as you feel comfortable.

Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel peace and calm flooding through your body.
- Smile as you open your eyes and end the meditation.

Midday Affirmation

Find a place where you will be undisturbed for 1 minute

Silently repeat this meditation phrase:

- *“Every breath I inhale calms me*
- *Every breath I exhale releases all my tension.”*

Repeat 3 times.

Evening Review

Find a place where you will be undisturbed for 5 minutes.

Reflect back on your day and identify any moments of anxiety.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of anxiety.

And then silently affirm:

- *“I no longer accept these anxious thoughts as being real.*
- *They are not a part of me*
- *I let them go*
- *I am calm and at peace*
- *I will myself to be calm and at peace in everything I do.”*