

Steps to Self-Soothe

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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In this exercise,
I'm going to highlight the necessary skill
of bringing awareness to something
that feels self-soothing, and protective to you,
for the times when you need it most.

Even when you're incredibly busy,
Or intensely stressed out,
There are several ways
To find a way to sooth yourself,
And feel safer, cared for, and calm.

The first thing I recommend when you notice that you're stressed,
Is to simply stop.
Pause what you're doing (as long as it's safe to do so, of course),
And allow yourself to simply be still.

The next step is to breathe.
Simply notice yourself breathing,
In and out.

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Then just notice.

What's going on in your body?

What sensations can you feel?

Then try to reflect:

What's causing this emotion?

How can I respond in a way that benefits myself and others, in a compassionate way?

And then finally, respond:

Do what you feel is kind, responsible, and fair to yourself and to others.

By repeating this exercises,
you can decrease stress,
Anxiety, and the re-surfacing of trauma

Over the long term

Your body will also thank you,
As daily stressors will take their toll over time.

Additionally, you can also try
Taking several long, slow breaths.

Singing

Listening to music

Calling a friend

Going for a walk outside

Or preparing a healthy meal

So with that in mind,
I'll guide you through this mindfulness exercise
with simple,
easy-to-follow,
self-soothing guidance,
that gently diverts
your attention away from distress,
to a peaceful focus
that allows you to feel calm,
grounded,
and able to choose your best response.

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Excellent. Thank you for doing that with me.

So to recap:

When you feel stressed or overwhelmed,
Remember that there are always a number of things you can do
To soothe yourself and to find protection.

I recommend pausing, breathing, noticing what's you feel in your body,
Reflecting on your best, most appropriate response,
And then responding with kindness.

Often times, going for a walk, talking with a friend,
Or finding a way to take care of yourself
Is an outstanding response.

Thank you for your practice today,
And thank you for your mindfulness.

