



Steps to a calmer mind

Overthinking and overdoing can lead us to feeling stressed and anxious, disrupt our sleep and even lead to depression. We have previously written about the role of psychotherapy in emotional regulation. However, we all need a daily practice with simple steps to quieten the mind and feel more present with ourselves and others.

If you are on the treadmill of life, struggling to slow down and enjoy the landscape, here are some simple steps to help you with the art of quietening the mind and coming back to your senses. Try to go through it very slowly, pausing after each sentence.

Sit in a comfortable position...

Notice where you are holding tension in your body and what needs to relax.

Now, begin by relaxing your eyes...

your eyebrows...

and your temples.

Then focus on your lips,



your tongue...

and the inside of your mouth.

Now feel your throat...

your neck...

and loosen your shoulders a little.

Feel your breath at the chest area and feel your chest opening.

Loosen the belly by taking a few deep and slow breaths into your belly.

Now become aware of your pelvic region.

Notice the length and volume of your legs.



Feel your feet.

Now... notice your whole body breathing.

Every time the mind tries to drift, bring yourself back to the sounds and sensations in your body, including the rhythm of your breath.

Take a moment here.

Enjoy this wonderful feeling of presence and relaxation.

Come back and do it again, whenever you need to pause.