

CALMING 5 MINUTE OCEAN MEDITATION



If possible, start by lying flat on the floor on your back.

STEP 1: *Relax your body by breathing deeply into your stomach a few times.*

STEP 2: *Now, imagine lying at the bottom of the ocean. There is nothing around you except sand and seashells.*

STEP 3: *Focus on each area of your body from your toes to the top of your head, relaxing each in turn.*

STEP 4: *Each time you have a worry, concern or thought, simply imagine it as an air bubble and watch it float upwards and away from you.*

STEP 5: *Repeat this process until you feel calm, relaxed and ready to continue with your day.*

