# Feel your feelings

Stand or sit up straight. Roll down your shoulders.

Close your eyes or soften your gaze.

Now put your hands lightly on the sides of your belly.

When you breath in, feel the air travel down into your belly until it expands and pushes out your hands.

Breath out slowly. The air flows out and your belly pulls in.

Breath in. Expand.

Breath out. Contract.

In and

Out.

How do you feel right now?

Where in your body is the feeling? Is it in your chest? Your shoulders? Is it in your stomach or your lungs?

[Pause 10 seconds.]

What does the area of your body feel like? Tense? Open? Do you feel a knot or softness?

[Pause 10 seconds.]

Now focus gently on the spot in your body.

Keep breathing until the sensation lessens.

When you feel some relief open your eyes and go on with your day.

[Pause until the recording reaches 3min]