



FULL POWER — W O M E N —

I. Deep Breathing/Abdominal Breathing for Daily Self-Care

The goal of deep breathing is to create the relaxation response in both your mind and body. You do this by breathing in deeply, filling up your belly as well as your chest and then exhaling completely. Do this for **5 minutes** 2 times a day and you will notice a reduction in your overall stress level. A good time to get your second practice in is at night in bed.

Instructions:

1. Sit in a comfortable position, in a quiet spot. Sit with back straight, feet and arms uncrossed, hands resting comfortably in your lap. (Or lie comfortably on your back.)
2. Close your eyes. This will help you focus internally.
3. Ground into your body by focusing first on how your feet connect to the floor, then notice how your seat connect to the chair, your back to the back rest, and finally how your hands are resting in your lap.
4. Breathe in a big sigh of relief and exhale completely.
5. Begin to breathe in slowly on a count of 3, “*In-2-3*” and then exhale slowly on a count of 3, “*Out-2-3*”. Try to breathe in through your nose and out through your mouth.
6. Continue this slow, gentle breathing for 5 minutes or more. Focus only on your counting and the feel of the air coming in and out of your lungs. If your mind wanders, do not criticize or judge yourself. Simply refocus on your breathing and counting

II. Daily Practices:

These next two exercises can be used daily to cultivate feelings of compassion and loving kindness for yourself. They can also be used at the end of your breathing practice or by themselves. Find a quiet place to sit. Close your eyes, take a few deep breaths to center yourself, place your hands over your heart and repeat these phrases until you feel calm.

A. Loving Kindness Practice

May I feel safe

May I feel peaceful

May I be kind to myself

May I accept myself as I am (or my life as it is)

B. Ho’oponopono (www.wanttoknow.info)

I love you

I’m sorry

Please forgive me

I thank you