

# Guided Relaxation

## "Releasing Anxiety from Bullying"

When you're ready, close your eyes and take in a few nice deep breaths.

Imagine that you're taking a beautiful walk in a cool forest. You can hear the bubbling sounds of a stream somewhere in the distance. You're totally comfortable just walking along and enjoying the beautiful weather. The sun shines on your face and warms you thoroughly.

You see a small bridge ahead. This is where you can cross the stream you've been hearing in the distance. As you make your way toward the bridge, some thoughts come to mind. These are thoughts of some unkind things that some people have said to you.

You probably try not to think of these things normally, but today we are going to do something to help let those things go. If anyone has ever said something to you to make you feel sad, we are going to let all of that go. We've come here on this beautiful forest walk today to leave these things behind, so we no longer carry them in our hearts or in our minds.

You can imagine that many times people say unkind things because on the inside, they are hurting. You can understand this because maybe when you've been upset, you may have said something that wasn't very nice.

Unkind words usually have nothing to do with you. They're more about the person who said them, so there's no reason for you to feel embarrassed or hurt by them.

In this warm, welcoming place, we're going to let go of the negative or hurtful things people have said to you.

So, imagine now that each negative thing is a rock inside your pocket. Maybe some rocks are heavier because they were very unkind things. And maybe some rocks are lighter because they were small things that still hurt your feelings.

Now, as you come to the middle of the bridge, take out any rock. Look closely at the rock you chose. This rock represents some unkind thing that was said to you. You decide it's time to let it go to free up that space in your heart.

As you choose to let the unkind thing go, you throw the rock deep into the stream to never see it again. The stream is so deep it swallows it up. The stream is happy to take away anything that hurt you. Suddenly, your heart feels lighter.

One by one, you thoughtfully decide to throw the rest of the rocks into the stream. I'll stay quiet, and you can let me know when you're finished. (pause)

It feels so good to let all of those hurtful things go, to finally release them and be light and free in your heart. Something quietly tells you that today is a brand new day - a happy day! I am so proud of you today for letting all of that go.

When you're ready simply give your body a nice stretch. Open your eyes and see how much lighter you feel.

