



HOLISTIC WELLNESS AND STRESS MANAGEMENT

GUIDED MEDITATION / MINDFULNESS EXERCISE (SCRIPT BELOW)



Mindful gratitude: a script to help you think positively and build resilience

1. Place both feet on the ground and sit in an upright position, with your shoulders relaxed, and your arms finding a comfortable position by your sides.
2. Take a few deep breaths. Feel your chest rise and fall as you breathe in and out. Notice your surroundings: the sounds, the colours, any scents or smells. Continue to breathe deeply and slowly.
3. Now focus your attention on your breath more fully. Feel it as it fills your lungs, and with each breath out, let go of any tension you may feel in your limbs, your body or your face. When you feel comfortable, gently close your eyes.
4. On your next exhale, bring your attention to the area around your heart. Focus on the feelings of love, compassion, kindness. Think of positive memories that have made you smile.
5. With your attention staying on your heart area, bring to mind someone or something you are grateful for. This could be something seemingly small, like someone holding a door open, or smiling at you, or it could be the help and support from a friend or family member. Or hugs from your pet!
6. As you continue with your relaxed breathing, stay in tune with your body - are you noticing any particular sensations, or feeling different? Some people experience feeling 'lighter' when they are happy or joyous.
7. Perhaps you feel gratitude for being healthy, being here... simply being alive!
8. Perhaps you are grateful for the abundance of food to nourish your body, and the beauty of nature to nourish your soul - especially if you managed to get out and about!
9. Continue your deep, steady breathing, and bring your attention once again to the people who nourish your life. What words of thanks would you give to them? Envision yourself saying these words (silently), and imagine how they would feel when hearing such words.
10. As you inhale, feel the breath entering your lungs and bringing gratitude to yourself. Feel gratitude for your own life, and the many gifts you have been blessed with. Notice how the area around your heart feels.
11. Let this feeling of gratitude grow outwards, expanding to fill your chest, your arms, legs, right down to fill your hands and feet. The gratitude and joy in your body brings a smile to your face.
12. Return your attention to your breath. Take three more slow, deep breaths, and as you do, slowly open your eyes and bring your attention once again back to your immediate surroundings. Let your body remember these sensations of gratitude, and carry them forwards into the day (or night!)



TOP TIPS:

- Remind yourself that you are already good enough. Focus on your strengths and (past) successes.
- Set realistic goals and think about what actions to take to achieve them. What works better for you?
- Avoid triggers of harmful comparison, if possible. For example, think about decreasing your social media intake.
- Instead of being goal-oriented, try to shift your focus to being process-oriented. Then, compare yourself to your past self: how were you doing last year? What have you learned since then?
- Look at the whole picture: are you generalising or assuming something incorrect about the person I am comparing myself to?

RESOURCES:

- [High-Stress High School: What's the balance between preparing students for college and ensuring they aren't killing themselves in the process?](#) **The Atlantic**
- [Current Student Stress Statistics: 2021/2022 Data Analysis](#) **Research.com**
- [Giant steps: why walking in nature is good for mind, body and soul](#) **The Guardian**
- [Health Benefits of Walking in Nature: A Randomized Controlled Study Under Conditions of Real-Life Stress - Gunnar Olafsdottir, Paul Cloke, André Schulz, Zoé van Dyck, Thor Eysteinnsson, Björg Thorleifsdottir, Claus Vögele, 2020](#) **Journals**
- [Walk With Your Wolf: Unlock your intuition, confidence & power](#) **by Jonathan Hoban**
- [Tasks & Resources | Cialfo Features](#)
- [Comparing Ourselves to Others: Why We Do It and What to Do Instead](#) **OpenUp blog**

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