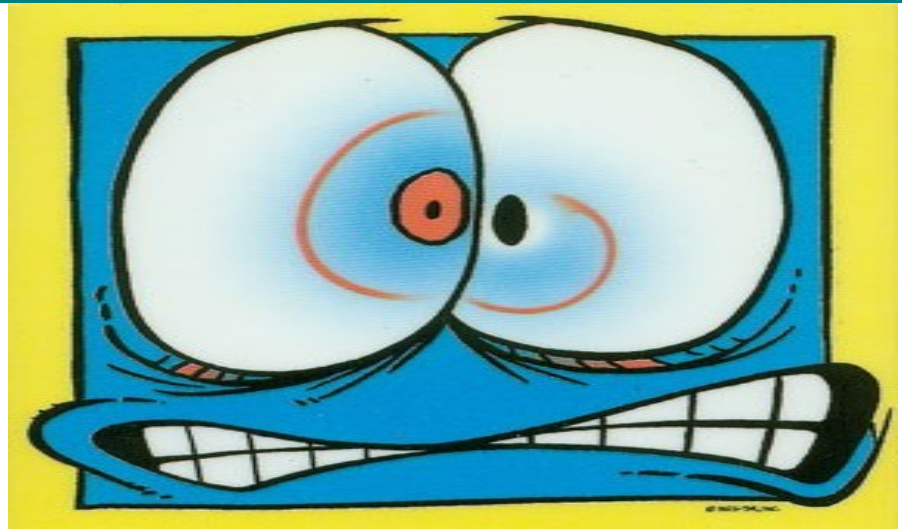


Counseling Services TIPS

Relaxation

We all experience stress at one point or another. So, it's important to know how to cope with it. Learning a simple meditation technique which you can use at any time, will help you eliminate stress.



Counseling Services



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Relaxation

1. While you imagine the source of your stress trapped inside of a bubble, you can also take a nice deep breath. Now imagine the bubble floating away with all your problems trapped inside.
 - Breath IN
 - Breath OUT
 - Breath IN
 - Breath OUT
 - Breath IN
 - Breath OUT
 - Breath IN
2. Close your eyes and take a deep breath.. Exhale.. Take another deep breath and feel your chest expand as the air fills your lungs.
3. Empty your mind and imagine being surrounded with warm, vibrant light. As you breathe in, let this warm light fill your lungs.
 - Breath OUT