

Counseling Services TIPS

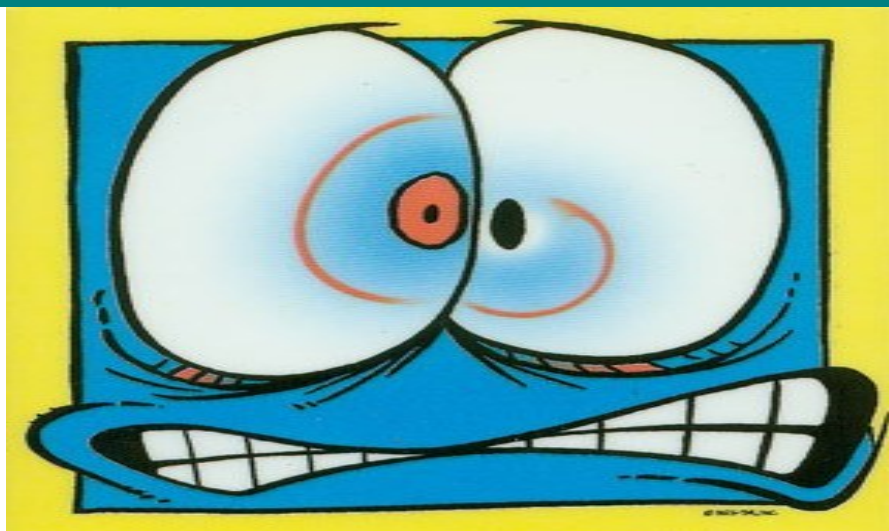
Stress Reduction

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.

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Stress Reduction

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.
 - Breath OUT
3. Empty your mind and imagine being surrounded with warm, vibrant light. As you breathe in, let this warm light fill your lungs.
 - Breath IN