

Exercise sheet

THE RESOURCE BOX



Lie down or sit on a chair or a meditation cushion.

- Lie down or sit on a chair or a meditation cushion. Close your eyes and become aware of your breathing.
- Observe your breath without trying to change it. The feeling of the air in your nostrils. Your lungs inflating and deflating. Your belly inflating and deflating.
- Do this for a few minutes.
- Then expand your attention to your whole body. Become aware of all the sensations you feel, pleasant or unpleasant, accepting all of them.
- Now imagine the flame of a candle. Imagine and contemplate its movements, the variation in its colours. Then imagine blowing on it very gently, without blowing it out, as if you were blowing through a straw. Do this for five breaths.
- Now blow once more, more strongly, to blow out the candle.
- Observe the swirls of smoke which then transport you to an idyllic place. A place that represents safety, relaxation and peace of mind for you. Spend some time observing this place: its sounds, its colours, its smells.
- With each breath your body relaxes more and more in this safe, calm place.
- Then, imagine some stairs. These stairs lead you to a secret room. A room that is your refuge. A secret place where you can recharge.
- You walk up the first step of the stairs. Then the second, and your body relaxes more and more.

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- On steps 3 and 4, you are getting closer and closer to the place where you will find your resources.
- On the fifth step, you can already feel your energy returning to you.
- On the sixth and seventh steps, your mind is becoming lighter, anxieties and tiredness are increasingly fading away.
- On the eighth and ninth, you are ready to truly benefit from this moment.
- With the tenth step, you enter your room. You close the door behind you.
- You are totally safe in this room, you can completely relax.
All your muscles.
- At the back of the room there is a box. You walk over and open this box. Inside are all your resources: your successes, your moments of happiness, your qualities, and also the people who support you. Take a good look at all these resources. Your resources. Take the time to notice how they make you feel. They tell you: "We are here, inside you, we are your strength and we will not let you down".
- Take as much time as you would like to do this.
- Then, when you are ready, open the door and start walking down the stairs. On the tenth step, you take one last look around your room, telling yourself that you can come back any time you want to. 9, 8 you continue to feel all the pleasant sensations in your body and your heart. 7, 6, 5 the room gets further and further away and you begin to notice the sounds around you. 4, 3 you become aware of the sounds around you, the smell of the room you are in. 2 you become aware of the sensations of your body in contact with whatever is beneath you. 1 open your eyes and stretch.