

Deep Breathing & Guided Relaxation

Guided Relaxation

[Click here](#) for a variety of 5 - 25 minute meditations from Laura Beth White, our Wellness Program Coordinator.

This exercise incorporates elements of guided imagery, meditation, progressive muscle relaxation. A nice exercise to try "a little of everything."

- Script was obtained on 11/23/08 from Inneridea.com
- Background music is from "[kerri](#)" on [The FreeSound Project](#)
- Editing by Martin Grant

Calming Your Body

[Listen to Calming Your Body](#)

This exercise is a gentle introduction to becoming more in tune with your body. Particular attention is paid to breath work while inducing the relaxation response.

- Script is used by permission from Ann Webster, Ph.D.; Benson-Henry Institute for Mind Body Medicine
- Background music is from "[Akacie](#)" on [The FreeSound Project](#)
- Editing by Martin Grant

Short Relaxation

[Listen to Short Relaxation](#)

This exercise is an introduction to deep, slow breathing. The listener is guided to discover feelings of peace and calm in one's body and mind.

- This piece was written and read by Sharon Morisi, LICSW, CEAP. Ms. Morisi is a counselor in Dartmouth's Faculty/Employee Assistance Program
- Background music is from ["inchadney" on The FreeSound Project](#)
- Editing by Martin Grant

Anchoring

[Listen to Anchoring](#)

Anchoring is a hypnotic technique that helps you connect to times in your past when you felt truly calm and confident. You can use it right now to give yourself a feeling of strength when facing sad days and difficult challenges.

- This script is from an unknown source
- Background music is from ["digifishmusic" on The FreeSound Project](#)
- Editing by Martin Grant

The Forest

[Listen to The Forest](#)

Let yourself be guided on a peaceful walk through a beautiful, lush forest near a trickling stream.

- Script is used by permission from Georgia Southern University Counseling Center
- Background music is from ["inchadney" on The FreeSound Project](#)
- Editing by Martin Grant

Nourishment from the Past

[Listen to Nourishment from the Past](#)

This Five-Finger exercise was developed by Dr. David Cheek as a way to achieve deep relaxation and peace, while simultaneously affirming your human worth. All you have to do is imagine four scenes from your past—using visual, auditory, and kinesthetic (touch) images. It's simple, it's pleasurable, and it works.

- This script is from an unknown source
- Background music is from ["ERH" on The FreeSound Project](#)
- Editing by Martin Grant

Special Place

[Listen to Special Place](#)

This exercise guides you to create a safe and peaceful place in your imagination, a place you can go any time you need to relax. You should go there often, whenever tension starts to build. Merely close your eyes and focus on the image of your special place.

- This script is from an unknown source
- Background music is from ["digifishmusic" on The FreeSound Project](#)
- Editing by Martin Grant

Grounding

[Listen to Grounding](#)

This exercise guides you to create your personal shield, a shield that protects, nurtures and calms you. You can use it right now to give yourself a feeling of peace and calm.

- This piece was written and read by Sharon Morisi, LICSW, CEAP. Ms. Morisi is a counselor in Dartmouth's Faculty/Employee Assistance Program.
- Background music is from ["info@in-tune.nl" on The FreeSound Project](#)
- Editing by Martin Grant

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