1. Find a quiet, comfortable place to sit or lie down. You can use a chair or cushion, or lie down on a mat or bed. Make sure you are not in a position where you are likely to fall asleep.
2. Close your eyes and take a deep breath in through your nose and out through your mouth.
3. As you exhale, imagine releasing any tension or stress from your body.
4. Repeat this breathing pattern several times, feeling your body becoming more relaxed with each breath.
5. Next, bring your focus to your body. Start with your feet and work your way up, tensing and then relaxing each muscle group.
6. As you relax each part of your body, imagine the tension melting away like butter.
7. When you reach the top of your head, allow your entire body to be completely relaxed and at peace.
8. Imagine yourself in a peaceful place, such as a beach, a forest, or a mountain top.
9. Take a moment to fully immerse yourself in this environment. Notice the sights, sounds, smells, and textures around you.
10. Visualize yourself surrounded by a warm, calming light that protects you from any negativity or stress.
11. As you continue to breathe deeply, repeat the following affirmations to yourself:

* I am calm and at peace.
* I am safe and protected.
* I release any worries or fears.

1. Now, take a moment to acknowledge any thoughts or worries that may be present. Instead of getting caught up in them, choose to release them and return your focus to your peaceful surroundings.
2. Focus on your breathing, feeling each inhale and exhale. Imagine each breath filling your body with peace and calm.
3. With each breath, imagine any remaining tension or anxiety leaving your body, like a balloon deflating.
4. Stay in this state of peace and relaxation for as long as you like. Take deep breaths and feel the calmness spread throughout your body.
5. As you continue to breathe deeply, imagine yourself facing your daily life with confidence and ease. Visualize yourself handling any challenges or stress with grace and poise.
6. Take a moment to acknowledge your own strength and resilience. Remind yourself that you have the power to choose peace and calm, even in the midst of stress or anxiety.
7. When you're ready, slowly bring your awareness back to your body and your physical surroundings.
8. Take one more deep breath, hold it for a moment, and release it slowly.
9. Open your eyes and get up, feeling refreshed, calm, and ready to tackle the day.