



Meditation for World Mental Health Day – By Lenny, Wellbeing Advice and Information Officer, Mary Frances Trust

With your eyes open or closed, welcome your surroundings, the touch of the air on your skin and the sensations where your body touches the surface that is supporting it.

Embrace all the positive sensations in your body and imagine everything that is purposeful and meaningful in your life.

Welcome, acknowledge and embrace and value it.

Welcome your inner resilience and resources, and imagine your sense of wellbeing in this moment, and having that sense of wellbeing each and every day.

Imagine that wellbeing and feel the sensations first in your head, then in your neck, your shoulders, your arms, your hands, your legs and feet until it extends to your entire body and you feel it radiate throughout.

Imagine yourself as an observer of all these wonderful sensations, that sense of feeling relaxed, safe and at ease.

Sense your body breathing, your stomach expanding and releasing and each time you breathe in, imagine you are breathing in calm relaxation and peace, and then with your outer breath, breathe out all the challenges that your daily life presents you with.

And as you continue to breathe feel the sensations and awareness of a calmness and peace with the world and welcome and embrace those feelings as they flow gently through you.

If it is helpful to you, be aware of what your opposite emotions might feel like and imagine this as an invitation to make the best happy nurturing choices for yourself.

Imagine saying I have the perfect response to each moment in my life.

Embrace the peace and joy of simply being.

Notice how joyful, at peace and how relaxed this makes you feel.

Notice how alive and connected you feel to your life. Sense the joy this brings to you.

Embrace the sensation of feeling grounded and connected to yourself and the world around you.

Feel the sensation of this connection injecting purpose, meaning and value to your life.

When you are ready, bring your awareness back into the room and allow that feeling of wellbeing and peace to infuse itself throughout your whole body and sense the wholeness and peace that it brings.