

*Kathy's Confidence & Success Coaching*  
*Refresh Restore Rebuild*

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>>>Breathing exercise for mindfulness: hold your tongue against the inside of the top teeth - inhale through your nose to the count of 4 to 6 - hold breath to the count of seven - exhale through your mouth to the count of eight.

Do a set of four twice a day – then move to a set of eight twice a day. (with the eight sets do four sets – take a regular breath – then do 4 more)

## ***The Peace Process***

***This is the peace process to help with anxiety at the moment that you feel it. Close your eyes, think about where in your body the anxiety***

*is coming from, where you feel it the most in your body. Next when you have found where it is in your body, lightly put your hand on that spot. Next take a deep breath and set an intention of acceptance to that place in your body where you feel it. Say to yourself, I accept you, you are part of me. Keep saying that in different ways.*

*Next begin to send it love, notice if it has changed or shifted in any way. Continue to send it love with your hand on it and complete acceptance. Imagine your arms wrapping around the feeling in your body and showing it love. Continue to give it acceptance and love until you feel a shift, or a lightning. Continue to stay with it giving it acceptance and love until you feel it change, shift, move or lighten up. If it moves just move your hand wherever it goes so your hand stays on the area that you feel it in your body. If*

*it is not completely gone, no worries, just notice how it shifted, moved or changed and revisit it there the next time you have or feel anxiety.*