

# GRATITUDE MEDITATION

Lie down. Close your eyes or soften them. When you do this, you are letting your Guard Dog know that you are safe. I will keep my eyes open so that you can really relax.

Place one hand on your belly and one hand on your heart. Take three long, deep breaths. When you breathe in try and get your belly to expand. That means you should fill it rise. Your hand should move up as you breathe in and down as you breathe out.

One way to build up our resilience, to make us feel calm and to keep our minds nice and healthy is to think of something or someone we are thankful for. When we do this, it is almost as if we have a tiny bubble of good feelings inside us that we expand.

So, let's try it. Think of someone you are thankful for. Imagine this person has a big smile on their face.

In your mind, think about why you are thankful for them. Maybe they make you feel good. Maybe they make you laugh or you know you can rely on them.

Now, think about your bubble of good feelings – imagine the warmth of your bubble is spreading to your legs, your toes – back up your belly and to your arms, your shoulders, your chest and your neck.

Now give that person a hug in your mind. Imagine some of your bubble is covering them. Take three long slow mindful breaths. Then open your eyes when you are ready.

