

[MUSIC PLAYING]

This section is deep breathing. Deep breathing helps quiet the mind, calm the body, slow down preparing for sleep.

[MUSIC PLAYING]

Make sure you are as comfortable as you can be. Feel the support beneath you. Try to use the same position, as it helps you relax every time you go to sleep. For now, set aside any worries, thoughts, or concerns, knowing you can come back to them later at a time, if you choose. For now, you are focusing on relaxing your body and quieting your mind.

[MUSIC PLAYING]

Take a deep breath in through your nose and out through your mouth. While you are breathing, pay attention to your body. Take another deep breath and notice the areas of pain, discomfort, or tension. Breath out. With the next breath in, breath in to the area of discomfort, and while breathing out, let go of the pain, discomfort, or tension.

[MUSIC PLAYING]

Take another breath in, and pay attention to the pain and discomfort. While exhaling, let go of the pain, discomfort, or tension.

[MUSIC PLAYING]

Now take another breath in, and pay attention to any feelings you have. Let go of the emotions when you breathe out. Take another breath in, and as you are breathing out let go of your emotions.

[MUSIC PLAYING]

You are going to be OK. Trust yourself, and let go of your emotions.

[MUSIC PLAYING]

Take another breath in. Notice your emotions. Breathe out, and let the emotions go. Take a deep breath in, and let go of any thoughts that come to your mind. Allow your mind being quiet for now. Take another breath in, and as you are exhaling, let go of your thoughts. Take a breath in, let go of your thoughts as you are breathing out. While you are focusing on your breathing, relax and let go of your pain, discomfort, tension, emotions, and thoughts. You are safe.

[MUSIC PLAYING]