



Ascension

Ascension EAP

## Online Guided Relaxation Resources

### Ascension WI EAP YouTube channel:

<https://www.youtube.com/channel/UCkwsorRw3xAliw0p36rS8LA/videos>

- Intro to Grounding and Deep Breathing: <https://www.youtube.com/watch?v=HO-y-S8crlg>
- Guided Grounding and Deep Breathing: <https://www.youtube.com/watch?v=c1Gcbb6v3dg>
- Chair Yoga: <https://www.youtube.com/watch?v=cciTtkYzaiA>

### Therapist Aid:

- Progressive Muscle Relaxation: <https://www.youtube.com/watch?reload=9&v=1nZEdqcGVz>  
(use for restlessness while falling asleep and to help wind down before falling asleep)

### Self-Compassion.org:

<https://self-compassion.org/category/exercises/>

- *Self Compassion Break*: take 5 minutes at work or at home to reinforce self-soothing self-talk and manage anxious or depressed thinking.
- *Soften, Soothe, Allow*: use when you are in a reactive state (angry, bawling, scared) to help feel comforted and calmed down.

### Meditation/Mindfulness Apps:

- Insight Timer (FREE): there is a gratitude group there too
- Apps with a fee: Headspace, Simple Habit, Calm, Aura: Mindfulness Daily, Inscape

### Grounding Exercise

1. Connect with the sensations on the soles of your feet. Notice your feet resting on the ground.
2. Scan your body, joint to joint. Bring awareness to your ankles, knees, hips, back, shoulders, arms, neck, and top of head.
3. Ground your hands by squeezing and rubbing them together, or rubbing them on your legs.
4. Notice the details of the floor, the chair you are sitting on, and the objects on the walls around you.
5. Exhale. Squeeze the air out by pressing your belly button towards the back of your spine. On the inhale release the squeeze and let the belly balloon and expand. Continue this diaphragmatic breathing for 3-5 more breaths.
6. To continue breathing deeply, use the 4 square breathing technique. Close your eyes and picture a square. On your inhale breath, imagine moving from the top corner of the square to the other corner. On the exhale breath imagine moving down to the bottom corner. Inhale to the next corner and exhale back to where you started. Keep breathing around the square, but this time count to 4 on the inhale and 4 on the exhale while you move to each corner. Keep increasing the count to deepen your breath.