

Materials	None
Learning Outcome	Practice a self-management breathing exercise to relieve stress and tension from the body.

## Description

Explain to the youth that the *Breathing Into Stress Detox* practice is about bringing your body back into a balanced state, with the purpose of discharging and releasing tension and stress that builds up in the body. Being able to find balance and harmony is important for daily functioning and being present in your life. Invite the youth to find a quiet place where they can sit or lie down. Youth can do this for up to five minutes or longer if they want.

Review the steps below with the youth and allow them to choose if they would like to do the exercise on their own or if they would like you to read the points to them while they practice the exercise.

- Close your eyes and bring awareness to the body. Notice where you feel tightness, tension, or even pain.
- Once you have located the place where you want to relieve tension, take in a long breath. As you inhale, imagine a healing or soothing white or golden light coming in through the crown of your head. Envision this light traveling to the location where you are experiencing tightness or tension.
- Let the soothing light fill up the affected area. Let it seep all the way down into the cells of that part of the body.
- Take a long, slow exhalation. As you do this, visualize your breath carrying any tightness, tension, and any impurities down the body. The breath carries these impurities down the legs and finally, out of the bottom of your feet where they are deposited harmlessly back into the Earth.
- Repeat the steps above as many times as necessary until the tightness or tension is reduced or all remaining impurities are drained away.
- An optional step is to state an intention either in your head or out loud. An example is: *May this part of my body attain full balance and harmony as it is intended to be.*

After the youth has completed the exercise, discuss how they feel and what they thought of the exercise. Explain to the youth that tension and stress put energy into our bodies and we need to consciously work to remove this negative energy. The *Breathing into Stress Detox* exercise can become a part of the youth's regular mindfulness practice.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *What changes, if any, did you notice in the tension of your body?*
- *When could you perform this exercise? Daily? During times of stress?*