# 

# See the source imageLet go of anxious and negative thinking

1. Close your eyes and close your mouth, if possible.
2. Notice your feet on the floor.
3. Take a few moments to relax, allow your shoulders to sink into your body. Allow all your muscles to soften with each out breath.
4. Notice your breath out for a few breaths. Notice its feel, its sound, its temperature.
5. Allow any worries, negative thoughts, pictures, or feelings to flow out through your breath. Let them go. You might want to picture these things leaving your body as you breath out like a dark smoke flowing out to the horizon.
6. Open your eyes when you are ready and notice feeling lighter and easier.

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**Note**: if you have trouble with visualising, then other quick ways to let go of negative thoughts are to take yourself off for a few seconds to a mentally absorbing activity, such as singing, running up the stars, 10 press ups, phone a friend.