

Guided Relaxation

“Thankful Heart on the Lazy River”

Take a nice deep breath, and close your eyes. Breathe in deeply, and exhale slowly.

Exhale out any stress, tension, or tightness you feel anywhere in your body. Focus your attention on your head, face, and neck and allow all your muscles to become very relaxed. Feel the tension melting away.

Feel the relaxation coming over your entire body. Relax as it flows down your shoulders, relaxing them and melting away any tension you hold there. Feel the relaxation flow down your entire body. Enjoy how relaxed and comfortable you become.

It feels wonderful to be warm and deeply relaxed all over.

Now, picture in your mind a beautiful day outside with sunshine everywhere. You’ve just spent an entire fun-filled day at a water park.

It’s the end of the day and time for one last ride down the lazy river before you leave. You dip a toe into the river and step down into it, feeling the cool water touch your warm skin. The sunshine makes you feel so good inside. You jump up on your water float and begin your lovely, calming last ride of the day.

As the float takes you lazily down the river, you decide to put your fingers into the water. You allow them to glide back and forth in the water to make circles and swirls around your fingers as you continue floating down this cool, calm river.

You smile to yourself because you feel so good and so grateful for this wonderful day. What is around you to notice? Are there trees, animals, or people you love? You realize how amazing life is, and you feel calm and content just like this lazy river.

You might find yourself especially thankful for this day knowing that there will never be another day exactly like today. Each day is different, and you feel happy inside because you know that life is an adventure.

Some days are fast and busy. Some days are slower and more relaxed. You remind yourself that you are thankful for it all. You know that each day is special and different, and by being grateful for each day, life just keeps getting better and better.

Gratitude is when our hearts feel thankful for experiences because we know that experiences help us grow. Gratitude fills up our hearts with happiness.

You now notice that you’re coming to the end of the lazy river. You’ve been enjoying the ride so much, it passed more quickly than you could ever imagine.

Now it’s time to gather your thoughts and keep all your gratitude in your heart as you find yourself back in your room once again.

Open your eyes when you’re ready and give your body a big wonderful stretch!

