

4 Elements for Stress Reduction

By Elan Shapiro, 2008



3. Water



Is your mouth dry?
When you create saliva
It helps you feel calm
and in control

Run your tongue
around your teeth
Imagine biting an orange
Create more and more saliva...



2. Air



Notice your breath
Slowly breath in 1-2-3-4
hold for 1-2

Slowly breath out 1-2-3-4
Take 6 calming breaths...
Breathing slowly in... hold, out...



1. Earth



Place your feet on the ground
Feel the earth beneath you...
The chair supporting you
Look around, notice 3 things

What do you see, hear...
Notice you are here right now...
You are safe right now...



4. Light

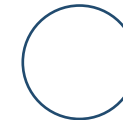


Light up your imagination
Imagine a place
Where you can feel calm and safe or
A time when you felt good about yourself
Bring up a picture, look around,

Notice what you see, hear, smell...
In the space below, draw
or write something
that reminds you of this calm place
A sketch... or symbol... or words



Before

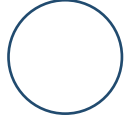


(0-10)

Calm Place



After



(0-10)

With your feet on the ground
As you breath calmly
With saliva in your mouth
Connect with the place
That helps you feel calm and safe

Notice your body,
where do you feel it?
Connect with the feeling,
as you slowly tap the wings of the butterfly