

## Self-Regulation Practice

We all get caught at times in strong negative energies such as anxiety, frustration, aggravation, impatience, anger and stress. Getting stuck in these energies takes a tremendous toll on our bodies, impairs our thinking and makes it difficult to speak or act effectively. Consequently, developing a self-regulation strategy is essential to minimizing the burden of these negative energies and living mindfully. Experiment with the techniques below to create a personal self-regulation practice.

1. The softening quality of the exhale.
  - ~ Bring your attention to the exhale, and
  - ~ Connect with its relaxing energy (the energy of a sigh).
2. The body/mind communication.
  - ~ Pick a word or a short phrase, such as *relax, let go, soften, slow down, be careful, be happy.*
  - ~ Silently repeat the word or phrase as you exhale.
3. Imagination.
  - ~ As you connect with the exhale and repeat your settling word or phrase, imagine your body softening and your energy settling.
4. Positive visualization.
  - ~ Select an unconditionally positive memory, landscape or image.
  - ~ Strengthen your connection by sharpening your internal image
  - ~ Use the visualization to shift from & settle the negative energy.
5. Blessing, affirmation, intention or prayer.
  - ~ Select or make up a short recitation that is soothing for you.
  - ~ Memorize it and recite it when negative energies arise.
  - ~ This can become your mantra, a protector of your mind/heart.
6. Anchoring.
  - ~ Using touch of the body to settle your body and energy.
7. Humming, singing, chanting
  - ~ Sound clears the space and settles negative energies.

Terry Fralich, [www.mindfulnesscenter.org](http://www.mindfulnesscenter.org)