**SKILL PRACTICES TO USE WITH COMFORT KITS**

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Skill #3: Feel Better – Talk to Yourself!

What does this help? Trouble sleeping and worries.

What is it?

A helpful way to calm the mind, relax the body, and become more aware of what your muscles feel like.

What items do you need?

Nothing but yourself and a ***comfortable place to sit*** ***or lie down***.

How to do it?

* Be in a comfortable, relaxing position either sitting or lying down while doing this practice.
* Take a couple of slow and deep belly breaths before saying the following phrases.
* Imagine the sensations in each phrase happening inside the body as completely as possible. These phrases are meant to be repeated silently in your inside mind, several times, with your attention focused on each different body area.
* Allow those pleasant, warm, relaxing sensations to develop. Imagine them actually happening in your body.
* Repeat the following phrases to yourself as many times as you would like. We suggest saying them in your mind 3 to 6 times.
  + *My arms are heavy and warm* (repeat this in your mind and imagine it happening inside of you). Now go to the next phrase…
  + *My legs are heavy and warm (*repeat this in your mind and imagine it happening inside of you). Now go to the next phrase…
  + *My heartbeat is calm and strong (*repeat this in your mind and imagine it happening inside of you). Now go to the next phrase…
  + *My breathing is calm and relaxed* (repeat this in your mind and imagine it happening inside of you). Now go to the next phrase…
  + *My tummy is soft and warm (*repeat this in your mind and imagine it happening inside of you). Now go to the next phrase…
  + *My forehead is smooth and relaxed*repeat this in your mind and imagine it happening inside of you).
* Wow, notice how comfortable and balanced your body feels! Imagine yourself being healthy, strong, and happy. Stay in this deeply relaxed moment for as long as you like. When you are finished, breathe deeply and slowly move your legs and arms.

When to use it?

* Any time you are feeling worried, stressed, or upset.  Do this at night to help you sleep better.