

The Three-Minute Rest

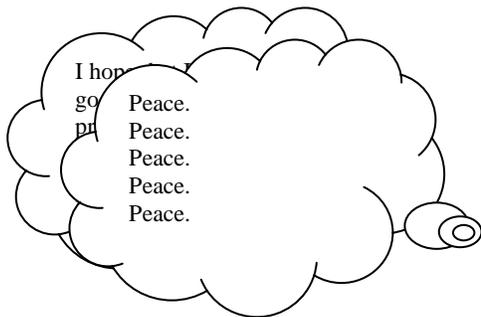
Worksheet located at <http://www.ColoradoCounseling.com>

In our busy culture, many of us are “on the go” from the moment we wake up until the moment we fall asleep at night. Because of this, our minds rarely have a chance to unwind and rest.

One of the most helpful stress/anxiety-reduction techniques that I have found is to give our minds a rest time at various points during the day. Below is an outline for a three-minute rest exercise that you can use whenever you have some free time.

For the first minute, your goal is simply to *observe* whatever is running through your mind – thoughts, feelings, plans, memories, or anything else.

Try to step back and calmly “watch” these thoughts, much as you might watch a movie.



During the second minute, choose a simple, peaceful phrase and begin to repeat that phrase to yourself. This is like putting your hands on the steering wheel of your car and turning it gently in a new direction.



The phrase can be something like, “peace of mind” – or simply the word “peace.” You are free to choose whatever phrase or word feels comfortable. Begin to gently but firmly repeat it in your mind. Gradually shift your focus from your old line of thought to the word/phrase.

For the third minute, allow the phrase to fade into the background as you try to enter into a *direct experience* of peace and rest. You can continue to repeat the phrase as a way of focusing the mind on its goal. However, your real aim during the third minute is to have a direct experience (even if briefly!) of peace, calm, warmth and inspiration.

