

Parts Exercise for Calm

Take a moment to notice where you feel your anxiety in your body.
Perhaps in your heart, your head, or your stomach.

Imagine that feeling is about the size of a fist.
Now, gently make a fist and hold it next to where you sense it most.

Give this part a colour — whatever feels right to you.

Now, just sit with that colour, and begin your breathing...
Breathe in for a count of **four**...
hold briefly...
and breathe out slowly for a count of **six**.

Next, give the rest of your body a different colour — one that feels calm, safe, or soothing.

Allow yourself to sit with both colours together, as you continue your breathing...
In for **four**...
hold...
out for **six**.

And when you're ready, imagine those colours beginning to gently blend together, flowing through your body, balancing and settling your mind.

Keep breathing slowly...
In for **four**...
hold...
out for **six**...
for as long as you need.

When you feel ready, take one last slow breath in...
and as you breathe out, gently open your eyes.

Now bring to mind a time when you felt happy, safe, and confident —
and allow yourself to sit with that feeling.