



ENABLE EXERCISE #4

Coping With Stress to Avoid Relapse—Meditation Exercise

- Choose a quiet environment that is not too brightly lit. Allow yourself five minutes at first, and gradually work up to 20 minutes.

- Sit upright with your spine erect. Your feet should be flat on the ground, with your hands resting in your lap. Close your eyes, and keep your body still.

- Start with some deep breathing: Inhale and exhale deeply, letting all your breath out. Pause, then inhale, letting the breath flow naturally, using your abdomen muscles.

- Now allow your breathing to become natural and slow. As you exhale, count, “one.” Continue counting each time you exhale. If thoughts enter your mind and you forget to count, simply notice the thoughts, and dismiss them. Do the same with sounds and bodily sensations. Simply notice and dismiss them.

- If you wish to time yourself, use a non-ticking timer. When you are done, rock gently back and forth before slowly getting up. Practice at least once daily.