

10-Minute Guided Meditation Script

Introduction (1 minute)

- Find a comfortable position, either sitting or lying down.
- Close your eyes gently.
- Take a deep breath in, hold for a moment, and slowly exhale.
- Let go of any tension in your body as you breathe out.

Breathing Focus (2 minutes)

- Focus on your breath.
- Notice the air as it enters through your nose, fills your lungs, and then leaves your body.
- If your mind wanders, gently bring your focus back to your breath.
- Breathe in deeply and exhale slowly, feeling the calmness with each breath.

Body Scan (3 minutes)

- Bring your attention to the top of your head.
- Slowly scan down through your body, noticing any areas of tension.
- Relax each area as you move your focus: forehead, eyes, jaw, neck, shoulders, chest, arms, hands, stomach, hips, legs, feet.
- Let go of any tightness or discomfort as you exhale.

Mindfulness Practice (2 minutes)

- Shift your focus to the present moment.
- Notice any sounds around you without judgment.
- Observe your thoughts as they come and go, like clouds passing in the sky.
- If your mind drifts, gently bring it back to your breath and the present moment.

Closing (2 minutes)

- Take a deep breath in, hold it for a moment, and then slowly exhale.
- When you feel ready, slowly begin to wiggle your fingers and toes.
- Gently open your eyes.
- Take a moment to notice how you feel, carrying this calmness with you throughout the day.