

COLORADO CANCER COUNSELING

Awaken your inner healer

Let Go of Your Thoughts

When you are under stress, it can be so easy to get “hooked by your thoughts” – which means you get caught up in your thoughts, and then your thoughts exert a strong influence over your feelings and actions.

Try observing your thoughts with openness and curiosity, letting them come and go, instead of holding on to them. One technique for letting go of your thoughts is to imagine them passing in front of you like leaves in a stream, or clouds floating through the sky. Imagine taking each thought that pops into your head and placing it on a leaf or on a cloud, and let it float on by. From time to time, your thoughts will hook you, and you will get caught up in your thinking. This is normal and natural. As soon as you realize it’s happened, gently acknowledge it and then start the exercise again.

Square Breathing

Draw a square in the air with your finger. Each side of the square represents one in-breath or one out-breath. As you trace the square, breathe in for a count of 4, then breathe out for a count of 4. The counting can also be replaced by your favorite mantra or affirmation that you would repeat 4 times to complete the square. Some examples could be, “My body is strong and resilient,” “Every cell in my body is healthy,” or just simply, “I am going to be ok.”