

Be In Control, Slow Your Roll

1. Sit in a comfortable position. Focus on an object.
2. Relax your shoulders and neck. Relax your arms and legs.
3. Breathe in and count one (silently), breathe out and count one.
4. Feel yourself breathe—your chest rises and falls as you continue to breathe.
5. Slow down the count. Feel the calm as you continue to breathe.
6. Continue to breathe until you feel relaxed, calm and in control.
7. Shift your focus and begin to move fingers and toes to become alert.
8. When ready, stand and continue your day.



Meditation and concentration are the way to a life of serenity.