

## **INSTRUCTION SHEET FOR CD “YOU HAVE ALL THE RESOURCES YOU NEED”**

**What This Is For:** Those times when you feel stressed, overloaded, overwhelmed, pushed past your limits, and your resources feel inadequate for the situation. You are conflicted, tense, in a foul temper, physically exhausted, and life feels bad.

**What This Is:** A quick ten-minute eyes-closed process to help you get your day “back on track.” It is especially helpful if you feel like there’s “too much on your plate”, you’re upset, your muscles feel tight, your mind is moving too fast, or you are feeling strong negative emotions and thoughts, like “life can’t be good again”.

**Technique:** “Guided Mindfulness Meditation” (GMM) an evidence-based method from the field of “Mindfulness-Based Cognitive Therapy” (MBCT). It is compatible with meridian tapping, such as EFT, and psychotherapies like CBT and REBT. It has you focus on your breathing while listening to positive thoughts that remind you that you have all the resources you need. Scientific studies show that as you pay attention to your breathing in this way, your muscles relax, your pulse, respiration rate, and blood pressure all reduce in a healthy way, and you feel MUCH better very quickly. In a few minutes, your energy increases, you feel recharged, you are thinking more clearly, and, most importantly, life feels good again. You feel amazingly peaceful, and your next action step has become clear and obvious.

**Instructions:** Do this any time you need stress relief, more than once a day is fine. Arrange for ten minutes during which you can give this CD your undivided attention. You do not have to do anything special with your mind, body, or breathing. Just settle yourself into a comfortable position, close your eyes, and listen to the CD, in an effortless way. Note: If you attempt to perform any other activity while listening to this CD, such as reading or working, you substantially lessen its effect. **Important: For your safety and that of others, do not drive or perform any other activity requiring alertness while listening to this CD.**

**Note:** This CD is “first aid”, a form of self-care not intended to replace medical or mental health care. If, after using any self-care method such as this CD, you are still having overwhelming feelings or thoughts, you can obtain substantially deeper relief from a one-on-one consultation with a therapist, counselor, or other professional trained in stress management, such as meridian tapping (EFT). And as always, if you need medical care, contact a physician or emergency room.

Copyright 2017 Charles Curtis, BCH, All Rights Reserved

PO Box 557, Reading, PA 19607 (610)775-0271 [charlieach@yahoo.com](mailto:charlieach@yahoo.com)