



Island Breathing



Sit comfortably with your feet on the floor. You may close your eyes if you wish.

Now imagine you are standing on the warm sand of your Desert Island.

Imagine a gentle wave moving towards the shore as you slowly breathe in through your nose. Pause comfortably as the wave reaches your island, then slowly breathe out through your mouth as you imagine the wave returning to sea.

As you breathe in, say to yourself in your head “This is me”, and as you breathe out, say to yourself “I am enough.”

The waves around us may change, but our island remains. Whatever we are thinking or feeling today, we are still ourselves and we still have worth.

Repeat for 4–5 gentle waves.



It's very soothing.