

## Centered for Life

Heart Connection (Stress reduction and relaxation technique).  
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- Take a time-out.
  - Eyes closed and relaxed.
  - Focus your attention on your heart (the area in the middle of your chest).
  - Take several deep breaths (slowly in to a count of 5, pause, then slowly out to a count of 5)
  
- Feel a moment of deep appreciation or love. (God's blessing, memory of a moment with a loved one, ...) Stay here for at least 10 to 15 seconds. (Ref. 1)
  
- Take the problem that's been in your mind and troubling your heart and give it to the Lord.
  - Visualize Him standing before you with hands outstretched to receive the problem.
  - Let go of it! Leave it with Him.
  - Visualize Him holding His healing palm out to you to comfort your heart regarding this problem.
  
- Check with your heart. Do you have any new insights or new feelings?
  
- Offer a prayer of thanksgiving to God for His grace.

Notes:           Total time approximately 8 minutes  
                    To be used immediately whenever stress is triggered, at least twice per day for Generalized Anxiety.

1. Freeze Frame by Childre