

# Reality Check

## Lean in to Resistance

- Find a comfortable position, either sitting or lying down.
- Close your eyes.
- Inhale and take a deep breath, and picture whatever it is that is causing stress or anxiety.
- See it clearly in your mind's eye, and allow the feelings to rise.
- Notice where you feel the resistance in your body. Is your heart fluttering? Are you breathing more rapidly? Is your jaw clenching?
- Once you've located the area(s) of resistance, place your hands there.
- Take slow, intentional breaths and feel the warmth of your hands absorbing the tension.
- Then place your hands on your legs or palms up by your sides, and think of the growth, learning, or a positive outcome from this event or circumstance.
- Open your eyes.

The next time you begin to feel anxiety or resistance, place your hands on the spot where you feel tension and envision the growth or learning. See yourself on the other side of the event, having done your best, and remember that you have what it takes to succeed.