

Find yourself in a comfortable seated position. You can use whatever seated relaxing position as long as it makes you feel comfortable and pain-free.

Take your time to find your center... to finally find a moment that's all yours. To reconnect and get ready to study with an open mind...

Keep your shoulders relaxed, close your eyes and breathe. Feel free to lay your arms down softly on your thighs.

Once you find your center take a few deep breaths through your nose and exhale out from your mouth.

Take a moment to appreciate and acknowledge yourself, being present, your commitment, the fact that you've woken up today, healthy... you've found a moment of peace in a stressful routine...

Maybe you are here because you struggle to settle for studying... maybe you are overwhelmed by all the things you still have to learn.. maybe your upcoming exam is stressing you, or because time seems to run out and a deadline is approaching...

Don't worry... together we will find a way to relieve you from stress and anxiety.

Take a deep breath and exhale with a sigh...

Try to feel at each breath, feel as you become more grounded... more stable... safer...

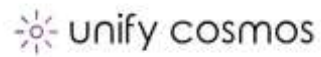
Nobody can harm you... nothing can scare you... you are completely safe.

What is blocking you from studying?

Are you out of focus...

Do you feel you are not good enough to make it?

This is not who you are... you are so much better than this...



Take a deep breath... acknowledge your presence here... you are showing the commitment, strength... so the problem is not in you... it's the way you are facing your studying... it's the way you're looking forward to that exam or event.

You can change this...

Visualize a cactus in front of you...

Imagine you're touching it... it's not pleasant, right?

Now imagine you're looking at it... What color is it? Does it smell good or bad?

Now focus again on yourself. How do you feel your body, your mind?

See yourself from a new perspective.

Look at yourself like if you were watching a movie about yourself. Imagine now how many other students like you are feeling the same as you are...

Keep breathing naturally... Inhale and exhale blowing some air on the cactus.

Each time you exhale the cactus gets smaller. Keep going... inhale... smile... and exhale with a mighty blow on the cactus that's getting smaller and smaller.

Think about how many friends and other kids around you are studying the same thing as you have to...

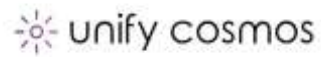
Now observe from another, wider perspective... see all the students around the world that made it thought that exam or event... you are not alone...

Blow out on the cactus again and see how tiny it is. It's smaller than your hand. Its thorns are now soft... they can't harm you anymore!

It isn't green anymore. Now it's in your favorite color. Look at it... it is soft and beautiful... It smells so good... It smells like things around you that you love.

Everything is prettier, fancier, and clearer if you look at it from a different perspective...

You have the power to create this shift... you control it..



Take another deep breath and exhale out with another long sigh to really shake it off from that previous sensation of uneasiness and stress.

Prepare yourself now to open your eyes and witness again your brand new cactus that is smiling at you... smile back at it and try to keep this attitude during your day...

Remember that a little goes a long way... one paragraph at the time... one chapter and the time... you are ready to deal with it.

Namaste