

“Let Go.” Script

Loosely adapted from *the* award-winning Nurse Coaching textbook... [Nurse Coaching: Integrative Approaches for Health and Wellbeing](#) (p.502)

Allow your body to settle, if you can, rest against something that supports you... Let it hold you. If you feel comfortable, close, or soften your eyes...

Bring attention to your breathing...no need to change it, just let it be the way it is...notice it...

Each time you notice a distracting thought, or noise, or sensation, become aware of it and return to your breath.

With each exhale, let go of tightness or tension and allow yourself to be more deeply held by the chair.

In a moment, I'll ask you to repeat a phrase slowly over and over again in your mind.

The phrase is, your first name, let go.

For me, I'd say in my mind, 'Nicole, let go'.

Let's begin, your first name, let go.

You might choose to use your breath to guide your words. As you breathe in, your first name, as you exhale, let go. You can explore as you choose.

Continue to slowly repeat this phrase for the next few moments. As you become distracted, bring your attention back to this phrase.

(Pause in silence for ~ 60-90 seconds.)

And now, let go of this practice and bring your attention to notice how you are...

(Wait 30 seconds)

And when you feel ready, at your pace, return to the space together feeling refreshed and alert.

