



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Nervous Breakdown

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Overcoming a nervous breakdown is **challenging at best**. You may feel completely overwhelmed. You are **stressed**.

Your body is exhausted and you cannot **think clearly**. You know you want to change and **think differently**, you just can't get motivated to do so.

However, one way out of this hurtful thinking is by **relaxing deeply**. You **will feel** better. You **can** overcome this. It is possible.

Your mind is **very powerful** and it **can** help you heal. With each session, you will **begin to change**.

You will start **feeling hopeful** once **again**. **Life will get easier**. **The more you relax**, your mind and body the more you will heal.

Feeling **peaceful and calm** is similar to being happy - you have to make a conscious choice to engage in more positive behaviors.

Sometimes it's not easy to **overcome negative tendencies**.

Making that **conscious choice** to slow down and carve out time to tap into that well of inner peace can help you **make profound changes**.

You can create moments of **peace and joy** whenever you want.

In this beautiful session, you will learn to **acknowledge** these negative feelings. You will **process the pain**. You will allow yourself to be **filled with love**.

You can learn to let go of these negative feelings with **practice**.

When you **contemplate peace** and go within, you tap into that **peaceful blissful feeling** whenever you want.



Now, take a moment to **relax and get comfortable** and close your eyes. And imagine a very **peaceful place**.

Everyone has somewhere where they feel **peaceful and calm**. This could be a place outdoors or indoors.

Picture that very peaceful place in your mind - a place of **peaceful contentment**.



Very nice. Now as you listen to the sound of my voice you can let **everything go**. You can listen to my voice and still deepen your **level of relaxation**.

