

MEDITATION: LEAVES ON A STREAM

Use this mindfulness exercise to observe your thoughts with less emotional distress and reduce their power over you.

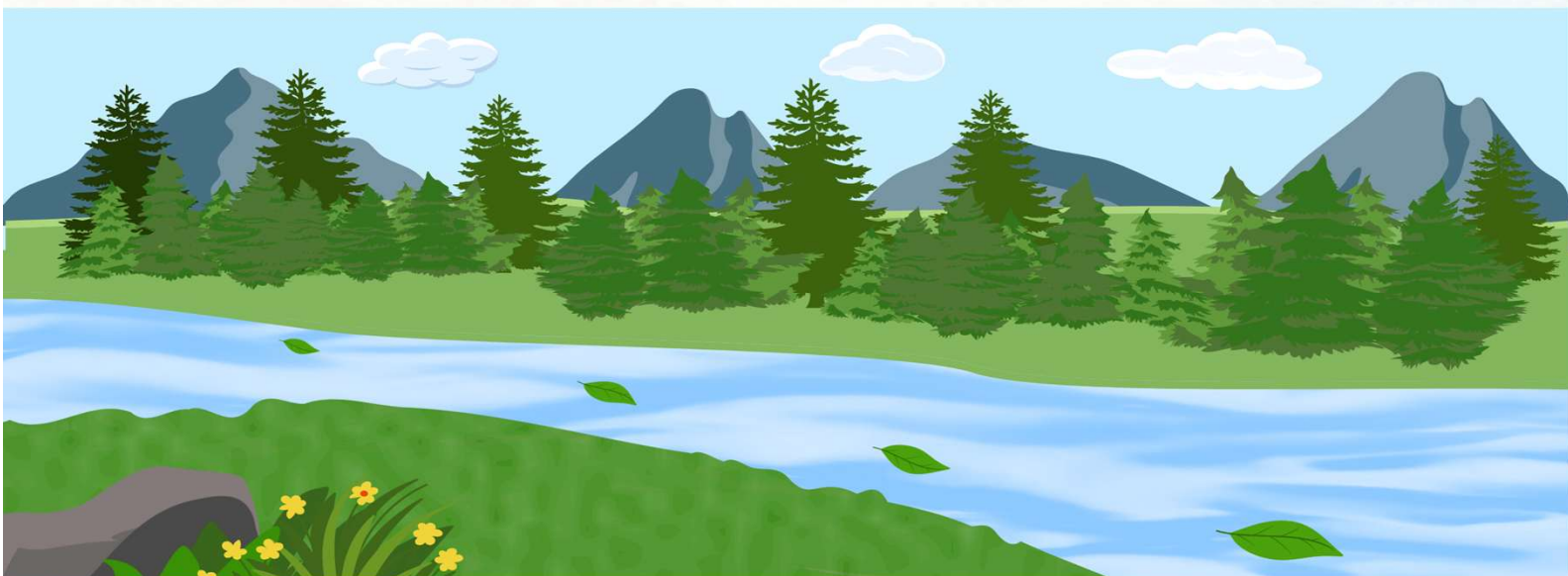
- Find a quiet place, free from distractions.
- Sit or lie down in a comfortable position.
- Close your eyes or let your gaze soften.
- Begin taking slow, deep breaths.

Visualize yourself resting by the side of a gently flowing stream. Imagine the warm feelings and pleasant sounds around you.

Meditate by now focusing on the stream. As distractions enter your mind, take a moment to notice them without judgment.

Manage the thought by placing it upon a leaf (in words, as an image, or whatever works for you). Set that leaf in the water and watch it gently float away out of sight.

Practice visualizing the stream. Observe it and release any additional thoughts (positive, negative, or neutral) that come into your mind. Keep doing this for 10-15 minutes at a time.



Depression and Bipolar
Support Alliance

West Virginia
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For mood disorder support groups, visit DBSAWV.org or call 304-241-1862

