

Mountain Rising Script

This exercise is called mountain rising.

This exercise can be done seated or standing.

I will guide you from the standing position.

Stand straight with your feet apart, arms by your side.

Feel the bottoms of your feet planted on the floor
and for this exercise we will keep our eyes open or closed.

Imagine you are a mountain rising up from the ocean.

Your head is the top of the mountain.

Raise your arms, fingers apart, hold this position for a moment, feeling solid, tall as a
mountain.

B

B

Notice if you have any thoughts or worries.

You might imagine there's water around your mountain, see them as tiny waves
splashing the mountain.

B

B

Breathe in and breathe out to blow the waves far out to sea.

Watch the water become calm and still around you.

Breathe in and breathe out.

B

Lower your arms slowly, take a mindful breath and relax.

Gently open your eyes if they are closed.

You can stay strong as a mountain all day.



MOOD Kit