

**1.**

Begin by finding a quiet and comfortable space. Take a few deep breaths to relax your body and calm your mind. If it helps, allow your eyes to close or keep them open with a softened gaze.

**2.**

Imagine a container in front of you. It could be a box, a jar, a shipping container, or anything you choose. Visualize this container as being strong and secure.

**3.**

Once you've placed all the thoughts or emotions inside the container, imagine sealing it securely and setting it aside or placing it in a safe place where it won't bother you.

**4.**

Take a moment to breathe deeply and feel the peace and lightness that comes from releasing these thoughts or emotions.

**5.**

When you're ready, slowly bring your awareness back to the present moment. Wiggle your fingers and toes, stretch your body gently returning with a word of gratefulness.



## Container Exercise