

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**