

1. cut out
2. fold on dotted line



Dr. Chill Out  
c/o PS World HQ  
Nevada City, CA

Prescription for relaxation.

- #1 **60 sec. butter melt** (3x/day)
- #2 **Stress loop stopper** (at least 1x a day)
- #3 **5 minute guided relaxation**  
(1x during every work day)

Refill as needed.

[www.ProjectSimplify.com](http://www.ProjectSimplify.com)

- #1**  
**60 sec. butter melt**
- Close your eyes.
  - Breathe deeply.
  - Imagine warm butter melting into any tense spots in your body.
- #2**  
**Stress loop stopper**
- Write down the recurring stressful thought.
  - Close your eyes for four deep breaths:
  - First breath, put your attention on your feet
  - Second breath, take your attention to your heart.
  - Third breath, to your throat.
  - Fourth breath, to the center of your forehead.
  - Then ask yourself, "What is the next step I need to take to resolve this (i.e. the situation you just wrote down).
  - Write down your answer on the same piece of paper.
  - Smile and remind yourself to "Let it be easy!"
- #3**  
**5 minute guided relaxation**  
(You may want to record the file to a CD or MP3 player.)
- Lay down or sit in a comfortable chair.
  - Prevent distractions by turning off phone/email alerts and rings.
  - Put a sign on your door asking not to be disturbed.
  - Listen and let go!