

Ball and Rock Exercises for Stress Reduction and Calming

Packing your Carry-On: Essential Tools for Managing PTSD.

Sharon Meredith & Brittany Meredith. Power Psychology Services Inc., Edmonton, Alberta

Hold a Happy Face Stress Ball in one hand. Notice the happy face, a reminder of the smiling faces of the people of the Rock. This is a healing ball and is happy to take your stress away. Squeeze the ball and as you do imagine that it is a sponge or a magnet, a healing object that is happy to soak up whatever stress or disturbance you have in your body.// Breathe deeply and gently. As you squeeze the ball, notice the stress migrating from every cell in your body, travelling towards your arm, all the way down your arm, into your hand, and gathering in the ball.// When it feels like the ball is full, slowly release your grip on it.// The ball is happy to release all the accumulated stress into the air and out of the room. Squeeze the ball again and notice as once again, it pulls the stress out of every cell of your body, towards your arm, down your arm, into your hand, and gathering in the ball. Once again, release your grip on the ball as it is happy to once again release all the stress into the air and out of the room. Repeat this as often as you wish until your body is feeling lighter, and clearer...

Now hold the rock in your other hand. This is a special rock and was picked from the beaches of Newfoundland. Notice its strength and texture. Know that just like the ball, the rock is a healer. // They work great individually and are even better as a team.// Now that there is more clarity and lightness in your body, there is more room for the calming energy of the rock. Again notice its strength and texture.// Notice how solid it feels in your hand.// Take a nice gentle deep breath and as you hold the rock, imagine a healing light of your favourite colour radiating from the rock// Notice this healing light travelling into your hands, up your arms, and into every cell of your body. Notice how the healing energy concentrates in places where healing and calm are most needed. As you breathe gently in and out, notice with each breath more and more calm, more and more peace, more and more light// Notice the healing light traveling to every cell in your body. Spend some time really soaking in this healing light now.//

Now bring your focus back to the items in your hands. Notice how the ball and rock feel in your hands. As you focus on the sensation of the items in your hands, know that you do not need to have these healers in your hands to benefit from them. You can use these stress reduction and calming tools just by imaging you have them in your hands.

Another way to use these healing partners is to again hold one in each hand. When you are feeling stressed, you can slowly squeeze your hand on one item and release. You can then slowly squeeze your hand on the other item and release. Keep gently squeezing and releasing while alternating hands back and forth for the count of ten. Rest and take a nice deep gentle deep breath. Repeat for another 10 as needed.

Alternatively to help energize, you can toss the items from one hand to the other.

Note: You can choose different healing items if you wish or use two rocks or two balls. It can be nice to have these or similar items available in several places. Many people like to carry one of two of these items with them. Again, it is not necessary to have the ball or rock with you, you can just bring up the sensations of holding them in your hands and that works just fine.

Reference

Boon, S., Steele, K., & van der Hart, O. (2011). Coping with trauma-related dissociation. Skills training for patients and therapists. New York, NY: W. W. Norton & Company.