

7. FOCUS BEFORE WATCHING DEBENHAM LAKE SLIDE SHOW AND LISTENING TO BIRD SONG

Please read 'The Benefits' and 'Preparation' information, and it is beneficial to familiarise yourself with Abdominal Breathing first, before practising this exercise.

This focus is to consciously relax your body by aiming your attention and thoughts on one thing for a sustained amount of time. This occupies your mind, diverting it from anything that is causing you to feel stressed. Simply by diverting your mind, your body has time to relax, recuperate, and eliminate stress hormones.

The first thing to clarify: What we're doing here is aiming for mindfulness, not some process that magically wipes your mind clear of the countless and endless thoughts that erupt and ping constantly in our brains. We're just practicing bringing our attention to our breath, and then back to the breath when we notice our attention has wandered and then transferring that attention to a positive image and sound.

PREPARATION Take time to get as comfortable as possible and settle yourself. There are some tips to help you on the 'Preparation' Guide. Release your shoulders, arms and hands. Soften all the muscles in your face.

First practice gentle Abdominal Breathing for a minute or two and then let your breath come and go in its own way.

The video is in 2 sections. Click on the following links [Debenham Lake Slide Show 1](#) or [Debenham Lake Slide Show 2](#) and the slideshow should begin.

Let your mind enter the picture whilst listening to the birdsong. Breathe slowly and gently while you absorb the view and the sound. Imagine that you are standing still beside the lake and just being at one with the surroundings. Slowly close your eyes and just listen for 15 to 30 seconds. Slowly open your eyes again and view the scene once more. Carry on watching and listening until you feel really calm and relaxed.

Each slide lasts for 3 minutes and will automatically change to a new picture and a new birdsong. You can also manually advance it by clicking on the picture (there are 22 in total). To flick through them repeat click. However, we don't seem able to go back to previous slides so if you reach the last slide (22), you will need to restart the slide show afresh.