

Meditations for Stress Relief – Guide

Resilience Within



Tracey Lynn Pearson



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Resilience Within

Meditations for Stress Relief

Created by: Tracey Lynn Pearson
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This guide accompanies the five-part meditation series 'Resilience Within.' Each session includes a short description, objectives, and reflective questions to help deepen your practice and integrate mindfulness into your daily life.

Course Objectives

By participating in *Resilience Within: Meditations for Stress Relief*, you will:

1. Learn mindfulness techniques to reduce stress and promote a sense of calm.
2. Develop tools for grounding yourself in the present moment during times of anxiety.
3. Explore the connection between your mind and body through guided meditations.
4. Cultivate self-compassion, resilience, and inner peace through mindful practices.
5. Gain practical skills to integrate mindfulness into your daily life for long-term well-being.

What You Can Expect

- **Guided Meditations:** Each session includes a step-by-step guided meditation focused on a specific technique, such as breathwork, visualization, and mindful movement.
- **Trauma-Informed Approach:** The series is designed with care, offering flexibility, choice, and safety to support participants with varying levels of stress or trauma.
- **Self-Paced Learning:** You can revisit the sessions at your own pace, allowing you to deepen your practice and build confidence over time.
- **Reflection Opportunities:** Each session provides reflective prompts to help you connect with the material and integrate it into your life.
- **Practical Tools:** You'll leave with practical mindfulness strategies that can be used anytime to manage stress, calm the mind, and foster emotional balance.

This course is a gentle invitation to slow down, tune in, and care for yourself in meaningful ways. Whether you're new to meditation or looking to deepen your practice, this series will guide you step by step toward greater resilience and peace.

Part 1: Breath of Calmness

This session introduces the power of the breath to calm the mind and body. Through guided breathing exercises, you'll learn how to anchor

yourself in the present moment, let go of tension, and cultivate a sense of inner peace.

Objectives:

- Learn to use breath as a tool for calming the nervous system.
- Build awareness of the present moment.
- Develop a personal breathing practice to reduce anxiety.

Reflective Questions:

1. How did focusing on your breath affect your mind and body during the session?
2. Did you notice any tension or stress ease as you exhaled?
3. How might you use this breathing technique during moments of anxiety or stress in your daily life?

Part 2: Body Harmony Meditation

In this session, you'll practice a body scan meditation to release physical tension and connect with the sensations in your body. This mindful awareness helps you cultivate a deeper relationship between your mind and body, promoting relaxation and self-compassion.

Objectives:

- Tune into different parts of the body with awareness.
- Recognize and release physical tension.
- Enhance the body-mind connection through somatic attention.

Reflective Questions:

1. What did you notice in your body during the body scan? Were there areas of tension or ease?
2. How did it feel to bring awareness to different parts of your body?
3. What small ways can you show kindness to your body in your daily life?

Part 3: Visualization for Tranquility

This session invites you to create a mental image of a peaceful place to help ease your mind and foster tranquility. Using all your senses, you'll craft a calming scene that you can return to whenever you need a moment of peace.

Objectives:

- Engage the imagination to create calming mental images.
- Use sensory awareness to deepen visualization.
- Develop a go-to peaceful mental space for managing stress.

Reflective Questions:

1. What did your peaceful place look, sound, or feel like?
2. Did any particular emotion arise as you imagined this space?
3. How can you use visualization to help you find calm in challenging situations?

Part 4: Mindful Walking for Grounding

This session introduces mindful walking as a way to connect mindfulness with gentle movement. By focusing on each step and tuning into your environment, you'll practice grounding yourself in the present moment.

Objectives:

- Link movement and mindfulness through walking.
- Use walking as a tool to return to the present moment.
- Practice grounding techniques to support emotional regulation.

Reflective Questions:

1. What did you notice about your body or surroundings as you walked mindfully?
2. How did it feel to slow down and focus on each step?
3. Where could you incorporate mindful walking into your daily routine?

Part 5: Loving-Kindness Meditation

This heart-opening session invites you to send well-wishes to yourself and others. Loving-kindness meditation helps build compassion, kindness, and a sense of connection.

Objectives:

- Foster self-compassion and empathy.
- Expand well-wishes from self to others and all beings.
- Cultivate an open-hearted mindset for daily life.

Reflective Questions:

1. How did it feel to send loving-kindness to yourself? Was it easy or challenging?
2. What emotions arose as you extended loving-kindness to others?
3. How might practicing loving-kindness change the way you view yourself and your relationships?

About Wholly Well Co.



Wholly Well Co. is a wellness media brand devoted to healing, reflection, and personal growth. Through trauma-informed tools, mindfulness practices, creative expression, and compassionate education, we help individuals reconnect with themselves and live more whole, rooted, and well. Our content includes meditations, courses, journals, children's books, and resources designed to nurture emotional wellness across the lifespan.

Learn more and explore our offerings at:

 www.TraceyLynnPearson.com

About the Creator

Tracey Lynn Pearson is a psychotherapist, mindfulness coach, and the founder of *Restoration & Peace Counseling* and *Wholly Well Co.* With over 20 years of experience supporting individuals and families, Tracey brings a warm, practical, and trauma-informed approach to healing. She is passionate about helping people reduce stress, reconnect with their bodies, and live intentionally.



Born and raised in Detroit and now based in Omaha, Tracey draws from her personal and professional journey to create content that is both grounded and inspiring. She is also a registered yoga teacher, certified meditation instructor, and a published author of resources for both children and adults.

Follow her work and connect at:

 www.TraceyLynnPearson.com

About Restoration & Peace

Restoration & Peace is a mental health practice focused on healing the whole person—mind, body, and spirit. We provide counseling, coaching, and mindfulness-based wellness services rooted in compassion and culturally responsive care. Whether through therapy, parent coaching, or group sessions, we are committed to helping individuals restore inner peace and live with intention.

Discover more about our services at:

 www.RestorationAndPeace.net