



Instructions for the “Quiet Mind” Exercise

- Sit comfortably in a chair (you can lie down if you prefer)
- Let your arms rest comfortable in your lap or on the arms of the chair
- Set you feet flat on the floor
- Close your eyes and breath deeply for a minute or so
- Get into a four count breathing cycle like this:
- Breathe in for a count of four, hold for a count of four, breathe out for a count of four, hold for a count of four
- Keep repeating this cycle
- Stay like this for 10, 15, 20 or 30 minutes, however long you prefer
- Try to let your mind relax and don't think about anything
- Focus on your breathing as the breath comes into and out of your body
- Try not to think of anything just become a quiet “observer” or your thoughts as they pass through your mind
- If your mind stays busy, don't worry, just let the thoughts pass and remain an observer
- Set a timer or alarm for the desired amount of time to signal you when to finish
- After your timer goes off, slowly open your eyes and stretch your muscles
- Try to repeat this often, perhaps once or twice daily, especially when you are feeling stressed

Our mission of **“Saving the Lives of the People Who Save Lives”** extends from our "Armor Your Self™" training seminar to the Information, strategies and tools available on our website to help cops and their families plan for happy, healthy and successful careers, relationships and lives.

A network of policing professionals from around the globe (Readership from over 25 countries)
Information about policing wellness & career survival. We offer:

Online Training & Information in addition to our On-site Training & Consulting

Roll Call Training Keys

Opinion Surveys

"Armor Your Self™" Personal Survival & Wellness Training

"Armor Your Agency™" Training to Create An Agency Wellness Support Program

"True Blue Valor™" Creating a Positive Wellness & Survival Culture for our Profession

Podcasts and Webcasts on policing survival & wellness issues

Look on CopsAlive.com for our:

[“10 Tips Toward Total Wellness”](#)

[“Law Enforcement Suicide Prevention - Take Charge”](#) Roll-call Discussion Guide

Please Visit Our Entire CopsAlive Family of Websites:

www.LawEnforcementSurvivalInstitute.org

www.CopsAlive.com

www.TrueBlueValor.com

www.PoliceWellness.com