

Mindful Breathing

The primary goal of mindful breathing is simply a calm, non- judging awareness, allowing thoughts and feelings to come and go without getting caught up in them.



- Sit comfortably, with your eyes closed and back as straight as is comfortable for you.
- Bring your attention to your breath.
- Imagine that you are trying to inflate a balloon in your stomach. Every time you breathe in, the balloon slowly inflates. Each time you breathe out, the balloon slowly deflates. Your stomach is rising with the in-breath, and falling with the out-breath.
- Thoughts will come into your mind, because that's just what the human mind does. Simply notice those thoughts, and then bring your attention back to your breathing.
- Likewise, you can notice sounds, physical feelings, and emotions, and again, just bring your attention back to your breathing without any judgement of the thoughts.
- You don't have to follow those thoughts or feelings, don't judge yourself for having them, or analyse them in any way. It's okay for the thoughts to be there. Just notice those thoughts, and let them drift on by, bringing your attention back to your breathing.
- Slow your breathing down by breathing to the count of 5 and then exhaling slowly to the count of 5.
- Aim for 20 minutes of calm breathing. Maybe set a gentle alarm, so as to not be distracted by wondering how long it has been.
- When you open your eyes take note of how you feel.

Live in the moment!