

Mindfulness: Just breathe



- Sit or lie comfortably in a quiet place
- Start by breathing normally, focusing on *how it feels*
- Follow the breath as it enters your lungs and *leaves* through the nose and mouth. Focus all of your attention on this breath. Notice when this breath ends and the next one begins.
- Now *inhale* through your mouth and count to 1.....2.....3.....4.....
- Count backwards as you exhale 4.....3.....2.....1.....
- Try to focus on the sensations that you feel at each point.
- Do this for 5 minutes when you feel stressed or anxious, or just twice a day to keep you feeling calm.
- Gradually increase by 1 minute each day until you can do it for 10 minutes (twice daily).