

MINDFUL BREATHING EXERCISE

WHAT IS MINDFULNESS?

Mindfulness is paying attention on purpose, in the present moment and without judgement.

Mindfulness is the gateway to wellbeing. The first step of any path towards transformation and growth begins with being present and aware of your current state without judgment.

When we're anxious and stressed, our breathing becomes rapid and shallow. This causes us to be more oxygen deprived, only making us feel more anxious. The quickest way to reduce stress-related anxiety is to slow down and deepen our breathing.



Find a comfortable position in your chair. Place your feet flat on the ground with your back straight but not stiff. Relax your shoulders, your facial muscles, and let your hands rest comfortably in your lap.



Take a deep breath through your nose, and into your belly.

- Nose breathing is scientifically proven to be the healthiest way to breathe.



Exhale slowly through your mouth, while making a soft sigh.

Do this 2 to 3 more times, focusing in on your inhale and exhale.



Now, begin to inhale AND exhale soundlessly through your nose. Simply pay attention to the inhale and exhale. If your mind starts to wander, just bring it back to your breath. Start small and work toward longer sessions

APPLYING MINDFULNESS INTO YOUR DAILY LIFE

Playing with your pet	Brushing your teeth	Getting dressed
Taking a shower	Preparing a meal	Eating a meal/snack
Going for a walk	Cleaning up your room/desk	Making your bed



Breathing plays a vital role in how you think, feel, rest and recover - it even impacts your posture and movement.

