

1. Mindful Breathing



THINK & FEEL



DURATION

10 minutes

FREQUENCY

1x/day

DIFFICULTY

Easy

EVIDENCE QUALITY



+ WELLBEING

+ RESILIENCE

+ MOOD

+ ANXIETY

+ STRESS



Take a moment and remember to breathe!

What it is?

- Mindfulness is the practice of being fully present in the moment, the here and now.
- We breathe all day long, often not paying attention to it at all. Turning our attention to our breath, even for a minute or two can bring us a more peaceful state of mind.

What can I use it for?

- You can use it to take a moment to ground yourself, no matter where you are, or what's going around you. It can help your mind de-clutter.

How to do it?

1. Start by breathing in and out slowly, in through your nose, and out through your mouth.
2. Inhale slowly for six seconds, then exhale for six seconds, allowing the breath to flow easily in and out of your body.
3. As thoughts enter your mind, allow them to pass without giving them too much attention, and return to focusing on your breath.
4. Notice the sensation of your breath, as it moves in and out of your body.
5. Repeat for one minute, or longer if you prefer!

Anything to consider before I start?

- This is just one basic mindful breathing activity, there are literally thousands online if you're looking for something a bit different.



THINKING



