



Printable worksheet *Breathing exercise*

Sit in a comfortable position.

Now focus your attention on your breathing.

PAUSE

Breathe normally, without forcing or trying to change anything about your breathing.

Pay attention to the movement created by the air entering and leaving your body.

Notice your stomach and chest rising when you inhale.

PAUSE

Now shift your attention to your stomach and chest falling as you exhale.

Pay attention as you inhale and exhale a few times.

PAUSE

If you feel comfortable, you can try inhaling and exhaling for one or two seconds longer, to try to take deeper breaths and increase your sense of calm.

PAUSE

Now go back to your normal way of breathing.

Take as much time as you need to inhale and exhale, without any extra effort.

If your thoughts wander, simply refocus them on your next inhale.

Take the time to take two or three more deep, calming breaths.

PAUSE

Now open your eyes and reconnect with your surroundings.

If you feel calm, try to hold onto the feeling for as long as possible, focusing on your breath as needed.