


Mindful breathing

Calm your mind and body by focusing on your breathing when you feel distressed...



Sit comfortably with your eyes closed and your spine reasonably straight

Bring your attention to your breathing

Imagine you have a balloon in your stomach which inflates every time you breathe in and deflates when you breathe out

It's natural for thoughts to enter into your awareness and for your attention to follow. Just keep bringing your attention back to your breathing

Notice your abdomen rising with your in-breath and falling with your out-breath

Don't judge yourself for having these thoughts or feelings – it is okay for them to be there. Just notice them and let them drift away

Simply notice any thoughts which may come into your mind, sounds, feelings or emotions, and bring your attention back to your breathing