

Name _____ *Mindfulness*



Mindful Breathing

Mindful breathing means to focus your attention on your breathing in a way that feels natural and relaxed, not forced. Follow these steps to practice mindful breathing.

- Sit or lay down in a way that makes you feel comfortable.
- Notice your breathing. Simply focus your awareness on your lungs filling with a normal breath.
- Pay attention to how your breath moves through your body and back out again. How do different parts of your body feel and move as your breath comes in and goes out?
- If your mind begins to wander, gently redirect your attention to your breath.

Practice mindful breathing for several minutes. How do you feel after your session of mindful breathing?
