

Breathing Exercise

1. Sit with your back straight, head up and feet flat on the floor
2. Touch each of your index fingers to the thumb on the same hand
3. Close your eyes
4. Take a minute to focus on what you are feeling physically
5. Focus on where you feel your breathing most clearly: belly, chest, or nostrils
6. As you breathe in think: *“Breathing in, I know I am breathing in”*
7. As you breathe out think: *“Breathing out, I know I am breathing out”*
8. When your mind wanders, simply bring your attention back to your breathing

REMINDERS: We practice “As best we can”. Our mind wanders because that is what minds do. Bringing our attention back to our breathing is as important as maintaining attention on our breathing.