A simple breathing exercise

Find a relaxed position in your chair, with your feet slightly apart, firmly planted on the floor, place your hands on your thighs, with your back touching against the chair, and close your eyes lightly. If you find it uncomfortable to close your eyes, you can look at a point a few feet in front of you on the floor. Bring your head to a comfortable position, and begin to bring your attention to your breath.

Pause briefly (about 10-15 seconds at a time).

Observe your breath as it flows in and out.

Short pause

You may notice how your chest rises when you inhale and lowers when you exhale.

Brief pause

If your mind wanders or if thoughts intrude, that's okay. Be aware of this tendency and gently try to bring your attention back to your breath.

Brief pause

Now focus your attention on your nose and feel how the air you breathe passes through your nose, notice the different sensations as the air moves in and out through your nose. Let the air flow freely through your nose – and refocus your attention each time on this sensation.

Brief pause

You may notice how the air is slightly cooler when you inhale and slightly warmer when you exhale.

Brief pause

Remember, if your mind wanders or if thoughts intrude, that's okay. Be aware of this and gently try to bring your attention back to your breath.

Brief pause

Try to mindfully notice your breath. Take some time now to observe it closely.

Pause (1 minute)

Take three more breaths before completing the exercise and slowly return to the room at your own pace.

Brief pause

You can stretch and lengthen your arms, legs and hands, slowly coming back to the room and then when you're ready - open your eyes.