

Feeling Overwhelmed? Try this:

5-FINGER BREATHING



INSTRUCTIONS: 5-FINGER BREATHING

Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.



SQUARE BREATHING

Hold for 4

Breathe in for 4

Breathe out for 4

Start here

Hold for 4

INSTRUCTIONS: SQUARE BREATHING

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

MINDFUL BREATHING



4 - 7 - 8 Breath Technique

INTRODUCTION

Breathing exercises are powerful tools to help us relax, reduce stress, and stay present in the moment. In this worksheet, you will explore the 4-7-8 breath technique. This technique can be practiced anytime, anywhere, to bring a sense of calm and mindfulness into your life.

If you are just beginning, you may want to try this exercise before you go to sleep each night to get in the habit of practicing.

INSTRUCTIONS: 4-7-8 BREATH

- Find a comfortable position (sitting or laying down).
- Close your eyes if you feel comfortable doing so or look down at one spot.
- Inhale quietly through your nose for a count of 4 seconds.
- Hold your breath for a count of 7 seconds.
- Exhale completely and audibly through your mouth for a count of 8 seconds.
- Repeat this cycle for 3-5 breaths.

REFLECTION QUESTIONS

1. How did you feel during the 4-7-8 breath exercise?

2. Did you notice any changes in your body/ mind after practicing this technique?