

MINDFUL BREATHING EXERCISE

Mindfulness meditation involves focusing on your breathing and bringing your attention to the present without allowing your mind to drift off to the past or future.

- *We will choose a calming focus which can be a sound ("om"), positive word ("peace"), or phrase ("breathe in calm, breathe out tension") to repeat silently as you inhale or exhale.*
- *Start by settling into a comfortable position, allowing your eyes to close or a soft gaze.*
- *Begin by taking a few breaths in, moving the shoulders, and just bringing yourself into this moment.*
 - See that the client is comfortable
- *(demonstrate) Now in this next breath, we are going to take a deep breath into the nosehold it for 1....2....and then slightly drop the jaw and slowly release the breath through the mouth....*
- *Now let's do it together*
 - 2-3 x
- *What are you noticing?*
 - Clients description
- *Now just allow yourself to take that deep, slow breath again and notice the (client description) as the air goes into your lungs...now hold ...1....2. And then allow yourself to exhale slowly through the mouth, noticing what it's like as the breath leaves your lungs.*
- *What are you noticing now? (if positive....install this with BLS by asking "where do you feel it in your body? Just notice that as we tap this in*
 - Repeat this 2-3 x
- *As we finish up, this breathing exercise can be done at any time throughout the day.*
- *What will be a prompt to remind you to take one-minute several times a day to practice this?*