

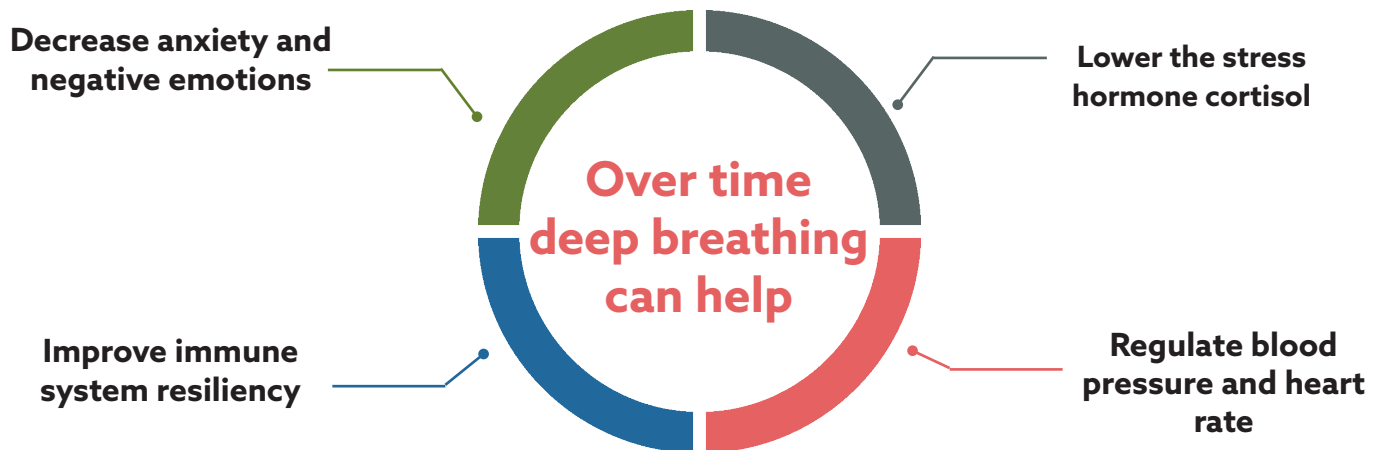


Well-being at Home

Mindful Breathing Meditation

How To

- 1) Create a Time and Space**—Choose a time each day for breathing meditation in a quiet place free from distraction. Set a timer for 5-10 minutes.
- 2) Position**—Find a stable, comfortable position either sitting on the floor, sitting in a chair, or lying down. Close your eyes.
- 3) Tune into the Breath**—Notice the always-present rising and falling of the abdomen or chest. For an exaggerated breath, as you inhale, feel the air filling your lungs (3 seconds), hold the breath (2 seconds), and exhale through the mouth (4 seconds).
- 4) Be Kind to the Mind**—It is normal to have the mind wander with thoughts, feelings, and distractions. Notice them without judgment and move attention to the physical sensation of breathing.
- 5) Repeat**—Notice the calmness and relaxation of the body as you inhale and exhale during the meditation. Come back to the breath over and over again, without judgment or expectation.
- 6) Gently Awaken the Body**—Take a moment and notice sounds in the environment and how the body feels. Awaken the body slowly by wiggling the fingers and toes. Open the eyes and sit for a few seconds longer to enjoy the relaxed state of the body.



Resources
<https://www.stress.org/take-a-deep-breath>
<https://www.ahajournals.org/doi/full/10.1161/01.hyp.0000179581.68566.7d>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0062817>

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