



# *Breath Focus Exercise*

Breathing exercises encourage you to slow down and pay attention to the present moment. It also helps reducing your stress, feelings of overwhelmingness and anxiety.

Try it our for yourself by:

Sit or lie down in a comfortable position

Take a few moments and just focus on your breathing

Notice how it feels (the natural rhythm) when you inhale and exhale

Now continue by deepening your breathing

Take a slow, deep breath in through your nose (as if you are smelling a flower or a delicious stew on the stove)

Hold your breath gently for a few seconds

Slowly breathe out, like you are blowing out a candle

Now scan your body and notice any areas where you feel tension

If your mind starts to wander or you feel distracted, choose an anchor word to guide your attention back to your breathing

For example, use words like “peace” and “calm”

As you exhale - slowly, say your anchor word out loud

Imagine your inhale washing over you like a gentle wave

Imagine your exhale carrying any negative energy away from you

**Use this technique for a few minutes every day, or anytime you feel stressed or overwhelmed. It's a simple exercise that helps you reset and reconnect with yourself.**