

# BREATHING & AWARENESS

## Deep Belly Breathing Exercise

1. Sit in a comfortable position, legs shoulder width apart, eyes closed, jaw relaxed, arms loose.
2. Place one hand on your chest, one hand on your stomach.
3. Try to breathe so that only your stomach rises and falls.

**Inhale:** Concentrate on keeping your chest relatively still. Imagine you are trying to hold up a pair of pants that are slightly too big.

**Exhale:** Allow your stomach to fall as if you are melting into your chair. Breathe out as much air as possible.

Repeat the word “calm” to provide focus as you are practicing the exercise. Do not force the breath, let your body tell you when to take the next breath.

4. Take several deep breaths moving only your stomach in and out with the breath.
5. Practice 3-5 minutes 2-3 times. The more you practice, the faster your progress will be.

Note: It is normal for this type of breathing to feel a bit awkward at first. With practice it will become more natural for you.

## Awareness

### STOP

S: **Stop.** Whatever you’re doing, just pause momentarily.

T: **Take a breath.** Re-connect with your breath. The breath is an anchor to the present moment.

O: **Observe.** Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?

P: **Proceed.** Continue doing what you were doing. Or don’t: Use the information gained during this check-in to change course. Whatever you do, do it mindfully.