



SPLENXIE
Services & Support

MINDFUL BREATHING



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Mindful breathing can be practiced regularly or used in moments of stress or emotional dysregulation.

Mindful breathing is helpful because it gives us an anchor—our breath—on which we can focus when we find ourselves carried away by a stressful thought.

Mindful breathing can also help us stay “present” in the moment, rather than being distracted by regrets in the past or worries about the future or illness.

- Lie down somewhere comfortable. Let your arms and legs fall to the ground. Close your eyes gently.
- Put a hand on your belly. Each time you breathe, your belly moves up, and your belly moves down. Your hand, rises, and then falls. See if you can count ten breaths that way. Breathing in, one, two, three, four, breathing out, one, two, three, four.
- When you lose count, don't worry about it. That's normal and happens to everyone. Come back to whatever number you last remember.
- Now, shift your attention to your day. Breathing in, focus on your breath as your belly goes up. Breathing out, focus on something that went well today. Repeat this step as many times as you need.
- Now, picture something about yourself that makes you proud. Breathing in one, two, three, four, focus on your belly moving. Breathing out, picture something that makes you proud of yourself. If nothing comes to mind, that sometimes happens. If that's how you feel, picture what you'd wish for yourself instead.
- Next, bring someone or something to mind who makes you happy. Breathing in, one, two, three, four, notice your belly move. And now, breathing out, picture someone who makes you happy.
- Finally, think about the future, and what you want to do and have ... in health, in friendship, in family, in goal achievement. Now picture yourself achieving all that, you smiling a huge smile and feeling the joy of success. Breathing in, one, two, three, four, notice your belly move.
- As you come to the end of this practice, take a few deep breaths, just focusing on breathing in one, two, three, four, and breathing out one, two, three, four, and start to wiggle your arms and legs. Pause and decide what you'd like to do next.