Learning to Control your breath and consciously breathing deeply for a few minutes everyday day improves our mental outlook along with our physical health. Deep breathing should be practised and scheduled as part of everyday life to help manage Stress, Anxiety and improve overall Wellbeing.

The simple exercise below is effective for centring one’s thoughts and provides much needed oxygen to the brain to help with clear thinking and gaining perspective in a world of noise and overwhelm.

Please take a moment to move away from any distractions when completing this exercise for maximum benefit 😊

**Step 1: BREATHE**

Place both of your feet on the floor and take a Few deep breaths into your abdomen. When you feel comfortable close your eyes and place your hands on your chest or stomach to feel the effects of your body drawing each breath.

Relax your shoulders.

Now take a deep Breath in slowly in through the nose counting to 4, Hold for 4 and then slowly breath out through the mouth counting 4.

Repeat above (4 times)

Notice your body relax and your breath settling into a calm Rhythm.

**Step 2: AWARENESS**

While continuing the rhythm of Conscious deep breathing - NOTICE your emotions without Judgement. How are you feeling? It could be overwhelmed, anxious, stressed, confused…… Then state out loud –

"I am feeling \_\_\_\_\_\_\_\_\_\_".

*Make sure you say these feelings without the judgement, repeat how you are feeling until you are satisfied that you are simply stating how they feel.*

**Step 3) AFFIRMATION**

Continuing to breath with your eyes closed - Share with yourself a Supportive Affirmation or Mantra to nurture your soul, settle the emotions you were feeling and lift your spirits…

Some examples are:   
1) "I am doing my best and trust my intuition."  
2) "I am safe, I am loved and can handle this feeling and manage my day."  
3) "This feeling of \_\_\_\_\_\_\_\_\_\_\_ (overwhelm/anxiety/guilt etc) will soon pass."

Continue to breathe deeply and when ready open your Eyes and bring your attention back to the room.

Notice how you feel 😊