

# Quick Mindful Breathing Exercises

Feeling overwhelmed? Take a moment to breathe and center yourself with these simple mindful breathing exercises. Even in the midst of a hectic day, these practices can help you find moments of calm and clarity.

## BOX BREATHING

- Find a comfortable seated position or stand with feet hip-width apart.
- Inhale slowly through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- Hold your breath for a count of 4.
- Repeat for 3-5 cycles or as needed.

## 4-7-8 BREATHING

- Sit or lie down in a comfortable position.
- Close your eyes and take a deep breath in through your nose for a count of 4.
- Hold your breath for a count of 7.
- Exhale slowly through your mouth for a count of 8, making a whooshing sound.
- Repeat for 3-4 cycles.

## BELLY BREATHING

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose, allowing your belly to rise as you fill your lungs.
- Exhale slowly through your mouth, feeling your belly fall.
- Focus on the rise and fall of your belly with each breath.
- Repeat for 1-2 minutes.





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## COUNTING BREATH

- Find a quiet space to sit or stand comfortably.
- Inhale deeply through your nose, counting silently to 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth, counting to 6.
- Continue this pattern, gradually increasing the count as you feel comfortable.

## MORNING BREATHING RITUAL

- Start your day with a few minutes of mindful breathing.
- Sit comfortably and close your eyes.
- Inhale deeply, envisioning yourself breathing in positive energy and calmness.
- Exhale slowly, releasing any tension or stress.
- Repeat for 3-5 minutes, setting a peaceful tone for the day ahead.

## ONE-MINUTE RESET

- Take a minute whenever you feel stressed or overwhelmed.
- Close your eyes and take three deep breaths, focusing on the sensation of air entering and leaving your body.
- Let go of any tension with each exhale.
- Open your eyes with a renewed sense of calm and clarity.

Remember, taking a few moments for mindful breathing can help you feel more grounded and present, even during the busiest of days. Make these exercises a part of your daily routine to promote overall well-being and resilience.