

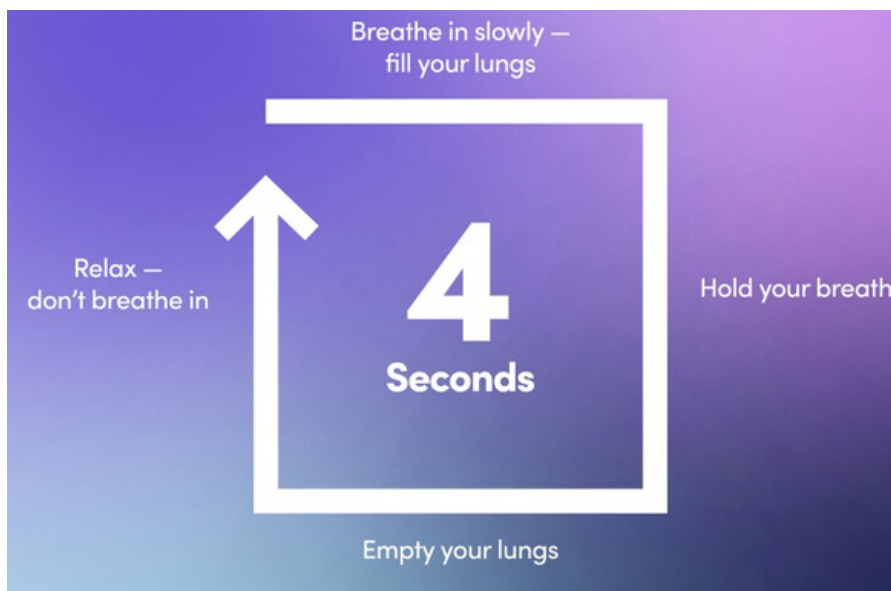
MINDFUL BREATHING EXERCISES



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SQUARE breathing

- 1 Locate a calm, quiet spot where you won't be disturbed. Sit comfortably with your back straight and your hands resting on your lap.
- 2 Close your eyes and take a few deep breaths. Inhale slowly through your nose for a count of four, allowing your lungs to fill completely. Hold your breath for a count of four. Exhale gently through your mouth for a count of four, releasing all the air. Pause for another count of four before inhaling again.



- 3 Continue this square breathing pattern. Inhale, hold, exhale, and pause, all for a count of four each. Imagine tracing a square with your breath.

How did engaging in the square breathing exercise impact your overall sense of calmness and clarity, both mentally and physically?



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DEEP BELLY *breathing*

- 1** Choose a peaceful, quiet place where you can sit or lie down comfortably. Ensure there are no distractions around.
- 2** Close your eyes gently. Start by taking a deep breath in through your nose. Feel your lungs fill up completely. Hold your breath for a moment, allowing the air to settle.



- 3** Exhale gently and completely through your mouth or nose, feeling your abdomen fall. Imagine releasing all the tension and negativity with your breath.
- 4** Continue this deep breathing pattern. Inhale deeply, hold, exhale slowly, and pause – all at your own comfortable pace. Feel the rise and fall of your abdomen with each breath.

How did your body respond to the deep belly breathing exercise? Note any changes in tension, warmth, or relaxation.

Think about integrating this deep belly breathing into your daily routine. How might it assist you in managing stress or finding calmness during challenging moments?

ALTERNATE

nose breathing



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- 1 Find a quiet, comfortable spot where you can sit with your back straight and your hands resting on your knees. Ensure there are no disturbances around.

Close your eyes gently. Use your right thumb to close your right nostril and your right ring finger or pinky to close your left nostril. Start by breathing in slowly and deeply through your left nostril. Hold your breath for a moment, allowing the air to fill your lungs.

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- 3 Release your right nostril and close your left nostril with your ring finger or pinky. Exhale slowly and completely through your right nostril. Inhale deeply through your right nostril, hold, and then switch again, closing your right nostril and exhaling through your left.

Continue this alternate nostril breathing pattern for a few minutes. Inhale, hold, switch, exhale, and pause – focus on the flow of air and the sensations in your nostrils.

4

Reflect on the emotional states you experienced during the exercise. Did you notice any shifts in your mood or emotional energy? How did your breathing affect these emotions? Consider how this exercise might be a tool to navigate and regulate your emotions in various situations.



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4-7-8

breathing



- 1** Locate a peaceful area where you won't be disturbed. Sit or lie down comfortably. Rest your hands on your lap or by your sides.
- 2** Close your eyes and take a slow, deep breath in through your nose, counting silently to four. Allow your lungs to fill completely.
- 3** Hold your breath for a count of seven. Feel the air within you, anchoring yourself in this moment.
- 4** Exhale slowly and completely through your mouth, making a whooshing sound, counting to eight. Let go of any tension as you release the air.
- 5** Repeat this 4-7-8 breathing pattern for a few cycles, allowing each breath to soothe and relax you.

**Reflect on how this breathing exercise might be beneficial before sleep.
Could it be a tool to unwind and prepare your mind and body for restful sleep?**