



PAUSE MINDFUL BREATHING TOOLS

EXERCISE:

Equal Breathing

Equal breathing is a breathing technique that can help calm the mind, body, and soul. It's perfect for reducing stress, calming your nerves and increasing focus, and can be done anywhere and at any time.

INSTRUCTIONS

Find a quiet place to sit, set a timer on your phone (to start try on 3-5 minutes), close your eyes, and begin take inhales and exhales at your own pace.

Once your find the rhythm of your breath, become more intentional with your breath.

Inhale through your nose, exhale through your mouth.

Try this on for about 4 cycles of breathing (ex. one cycle of breath is a full inhale and exhale)

Now that you've gotten in tune with your breath, let's slow down your breathing even more.

Take an inhale hold it for 4, 3, 2, 1— exhale let it go 4, 3, 2, 1.

Keep that pace until your timer goes off.



EXERCISE:

Balloon Breath

Balloon Breath is a powerful way to quickly release stress and energy from your entire body. Through a combination of deep breathing and visualization you are able to support centering and grounding in the present.

INSTRUCTIONS

Find a quiet place to sit, set a timer on your phone (to start try on 3-5 minutes), close your eyes, and begin take inhales and exhales at your own pace.

Once your find the rhythm of your breath, become more intentional with your breath.

Inhale through your mouth to the count of four.

Exhale through your mouth, imagining yourself slowly blowing a balloon away from you, and across the room.

Try this on for about 4 cycles.

Now that you've got your pace, exaggerate your exhales.

Inhale through your nose, exhale with your lips pursed, blowing the balloon quickly across the room.

Let it be noisy.



DEBRIEF

Breaking Down Your Breathing

What stood out during mindful breathing?

Overall, what shifted in your body? How do you know?