

Take a 5-minute breather

- Sit comfortably on a chair or lie down if you can. If you lie down, bend your knees and put the soles of your feet on the floor. If you are sitting make sure your back is supported and upright. Either way, ensure you are truly comfortable.
- Take a few normal breaths to settle, making sure your shoulders are moving away from your ears. If you are sitting rest your forearms on your lap. If you are lying have your arms a little away from the body. Either way, turn your palms to face upwards and relax your arms.
- Softly close your eyes but keep the gaze going towards your cheekbones. This will quieten the mind.
- Observe your breath. Become aware of how the breath feels as you breathe in and out:
 - its sounds
 - coolness and warmth
 - what part of the nose and throat does it touch
 - what parts of the body does it move
- Allow the belly to expand as you breathe in and let it draw back towards the spine as you breathe out.
- Observe how long is your normal breath; do this for 5 rounds of breathing.
- Then lengthen your breath to where you feel comfortable, keeping the breath soft and not forced.
- Continue with long soft breath in and long soft breath out for 5-10 rounds if you can. Not to worry if you do less or more. Go to where you are comfortable.
- Every time you breathe out let go of any stress you may feel whether physical or mental.
- If any thoughts come to mind allow them to float by and let go of them at each outbreath.
- Then, go back to normal breaths for a few rounds and then gently bring your awareness back to the room you are in.
- Lastly gently open your eyes keeping your gaze down for a few seconds.