



Mindful Breathing

Mindful breathing practice enables you to develop several skills: the ability to focus and engage in what you are doing; the ability to let thoughts come and go without getting caught up in them; the ability to refocus when you realize you're distracted; and the ability to let your feelings be as they are without trying to control them.

Even 5 minutes of practice every day can make a difference over time. 10-20 minutes is even better.

Take 10 slow, deep breathes to start. Focus on breathing out as slowly as possible until the lungs are completely empty - and then allow them to refill by themselves.

Day/Date/Time

Difficult thoughts & feelings that showed up

Benefits and difficulties