

2. Breathing

In what situations is my breathing calm and rhythmical and when do I breathe quick and shallow?

How to breathe "into" stomach, chest and collarbone?

What can I learn if I focus more on my breathing?

How can I learn more about the topic of Breathing?

What else do I want to remember about this topic?

Homework: BREATHE MINDFULLY 1x/day

INSTRUCTIONS: The most basic way to do mindful breathing is simply to focus your attention on your breath, the inhale and exhale. You can do this while standing, but ideally you'll be sitting or even lying in a comfortable position. Your eyes may be open or closed, but you may find it easier to maintain your focus if you close your eyes. It can help to set aside a designated time for this exercise, but it can also help to practice it when you're feeling particularly stressed or anxious. Experts believe a regular practice of mindful breathing can make it easier to do it in difficult situations.

Sometimes, especially when trying to calm yourself in a stressful moment, it might help to start by taking an exaggerated breath: a deep inhale through your nostrils (3 sec), hold your breath (2 sec), and a long exhale through your mouth (4 sec). Otherwise, simply observe each breath without trying to adjust it; it may help to focus on the rise and fall of your chest or the sensation through your nostrils. As you do so, you may find that your mind wanders, distracted by thoughts or bodily sensations. That's OK. Just notice that this is happening and gently bring your attention back to your breath.

... and write down your comments, thoughts, feelings from this exercise.

What was it like? What did you learn?

How did your buddy help you with learning this week?