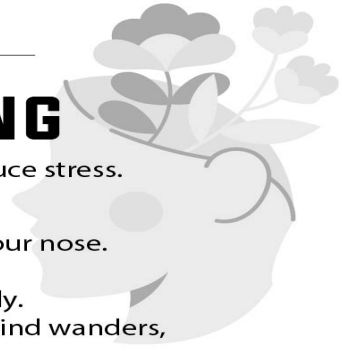


Name: \_\_\_\_\_ Date: \_\_\_\_\_



# MINDFUL BREATHING

To help you focus on the present moment and reduce stress.

- Find a quiet space and sit comfortably.
- Close your eyes and take a deep breath in through your nose.
- Exhale slowly through your mouth.
- Focus on your breath as it enters and leaves your body.
- Count each breath up to 10, then start over. If your mind wanders, gently bring your focus back to your breath.

## Activity:

- Practice mindful breathing for 5 minutes each day for a week.
- Write down how you feel before and after each session.

Day	Before Breathing (Feelings/Thoughts)	After Breathing (Feelings/Thoughts)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		