



2. Mindful breathing

Take a moment and remember to breathe

⌚ Duration: 10 minutes 📅 Frequency: 1x/day 🎮 Difficulty: Easy

★★★★ Evidence Quality

What is it?

- Mindfulness is the practice of being fully present in the moment, the here and now.
- We breathe all day long, often not paying attention to it at all. By turning our attention to our breath, even for a minute or two can bring us a more peaceful state of mind.

What can I use it for?

- You can use it to take a moment to ground yourself, no matter where you are, or what's going around you. It can help your mind de-clutter.

How to do it

1. Start by breathing in and out slowly, in through your nose, and out through your mouth.
2. Inhale slowly for six seconds, then exhale for six seconds, allowing the breath to flow easily in and out of your body.
3. As thoughts enter your mind, allow them to pass without giving them too much attention, and return to focusing on your breath.
4. Notice the sensation of your breath, as it moves in and out of your body.
5. Repeat for one minute, or longer if you prefer!

Anything to consider before I start?

- This is just one basic mindful breathing activity, there are literally thousands online if you're looking for something a bit different.

WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



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How will you practise this activity?

When do you think you would like to practise this activity?

How will you celebrate the fact that you've practised?

TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: