

If you're feeling anxiety, stress or low-mood... STOP A MOMENT



Mind Full, or Mindful?

Let's Breathe Together

DIAPHRAGMATIC BREATHING

You can sit in a chair, lay in bed, or stand up, wherever you want

Practice during 5-10m

1. Put a hand on your abdomen and another one in your chest .
2. **Inhale** profoundly, slowly and gently until the air arrives to your abdomen, assure yourself that the chest stays still. The abdomen will open (like a balloon).
3. **Exhale** in a gentle manner, making the air pass through your abdomen, then chest and finally, through your mouth. When exhaling try to relief any tension in your body.

Focus your attention in how your breath releases tension and relaxes your body. If your attention goes to another object (feeling, thought, emotion), observe it and gently redirect it to your breath



'You can't stop the waves but you can learn how to surf'

Jon Kabat-Zinn

OR/AND

MEDITATION

There is lots of research showing that incorporating meditation in your life promotes a less stressed, **focused yet calmed** mind and more emotional regulation

Practice during 5-10m

- Posture: Sit in a chair. Put your back straight in way that your back and neck are like an **ARROW**. Put your hands in your knees and your knees parallel to your feet. Let your eyelids slowly fall, without shutting them forcefully. Your face is looking straight
- Now, **pay attention to your BREATH**, without manipulating it, just observing it. How is it? Fast? Deep? Short? Humid? Observe how it energizes and releases tension of every part of your body.

And remember !

AFTER EACH PRACTICE

HONOR YOURSELF for having practiced regardless of how you felt during the process (whether it was pleasant, unpleasant or no emotion)

ACCEPT your experience without judgement. There no right or wrong way to meditate. Practicing breathwork means leaving behind standards of excellence.

Improvement comes with practice.

