



BREATHING MEDITATION

Just breathing is one of the most powerful ways for you to relax. Practicing breathing every day for two minutes is a good habit that will make your brain and body healthier, give you more energy, and make you happier.

Time Needed: 1 MINUTE

Location: ANYWHERE

Find a comfortable, quiet place. You can do this meditation anywhere and at any time.

Turn off all devices and the television so that you are not distracted. This will last only one minute—you can do it!

Sit comfortably. If you feel okay doing so, close your eyes. If you prefer to keep your eyes open, that is okay, too.

Take a deep breath in through your nose. Breathe in deeply so that your lungs fill up.

As you breathe in, feel how your stomach goes out.

Pause for just one second.

And now breathe out, blowing out slowly from your mouth.

On your next breath in, try to breathe in for three seconds. One. Two. Three.

Now, pause for two seconds. One. Two.

And breathe out for four seconds. One. Two. Three. Four.

Find the rhythm that works best for you. Breathe in. Pause. Breathe out.

*After one minute, or once you feel you are done, open your eyes (if they were closed) and say **THANK YOU** to yourself for giving your brain and body this experience.*

If you do this meditation regularly, it will become a habit and it will become a safe, happy time for you. You can always find your breath no matter where you are.