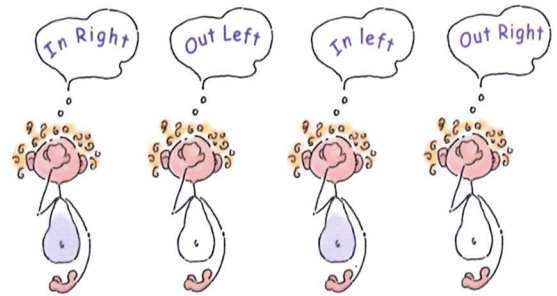


Breathing techniques:

Alternate nostril breathing:

With your little finger cover your left nostril. Breathe in through your right nostril. With your thumb over your right nostril. Breathe out through your left nostril. Breathe in through your left nostril. With your little finger cover your left nostril. Breathe out through your right nostril. Repeat.



7/11 breathing :



Count 1 to 7

First, count from one to seven on each "in" breath ...



Count 1 to 11

... then, counting at the same rate, count from one to eleven on each "out" breath

As you breathe in count to 7. As you breathe out, count at the same speed to 11. REPEAT.

An alternative to this is to simply count how long it takes you to breathe in. Hold your breath for 5 counts. Breathe out adding a count of 2 to how long it took you to breathe in. Hold for 5 counts. Repeat— count how long it takes you to breathe in...

Mindful breathing:

The primary goal of mindful breathing is simply a calm, non-judging awareness, allowing thoughts and feelings to come and go without getting caught up in them.

- Sit comfortably, with your eyes closed and your back reasonably straight.
- Bring your attention to your breathing.
- Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates. Notice the sensations in your stomach and chest as the balloon inflates and deflates. Your tummy rising with the in-breath, and falling with the out-breath.
- Thoughts will come into your mind, and that's okay, because that's just what the mind does. Simply notice those thoughts, and then bring your attention back to your breathing.
- Likewise, you can notice sounds, physical feelings, and emotions, and again, just bring your attention back to your breathing.
- You don't have to follow those thoughts or feelings, don't judge yourself for having them, or focus on them in any way. It's okay for the thoughts to be there. Just notice them and let them drift on by, bringing your attention back to your breathing.

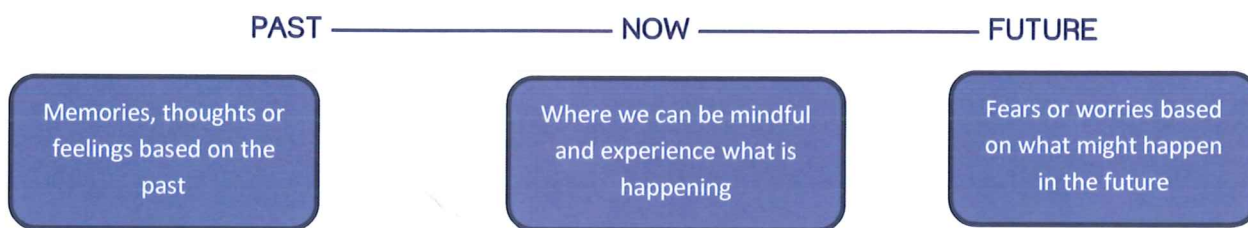
It's okay and natural for thoughts to enter into your awareness, and for your attention to follow them. No matter how many times this happens, just keep bringing your attention back to your breathing.



Mindfulness

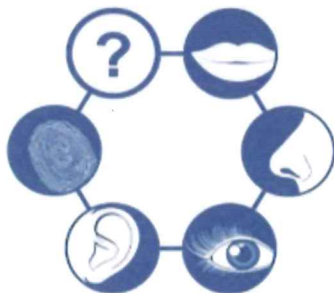
"Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgementally." Jon Kabat-Zinn

Mindfulness is basically about living in the present moment. This means not getting dragged into memories, thoughts or feelings based in the past, or pulled into worries about the "what ifs" of the future. The past has already happened, and the future hasn't happened yet so we can't change them. The only time we can change or fully experience and engage with is the present—right now.



Potential benefits of mindfulness:

- * Combatting anxiety
- * Reducing stress
- * Improving sleep
- * Improving focus
- * Increases creativity



Top mindfulness tips:

- * Slow down
- * Do 1 thing at a time
- * Focus on what you're doing
- * Concentrate on your breathing
- * Engage with all your senses

You don't have to meditate to be mindful, but it can be a good way to start as there are less distractions to draw your mind away from the present moment. You can do anything mindfully, really concentrating on what you're doing rather than thinking about other things.

You might want to try doing these things in a mindful way:

- Brushing your teeth
- Lying in bed
- Eating something
- Having a shower
- Watching TV

