

EXERCISE 1: BREATHE DEEP



PAUSE AFTER READING EACH PHRASE ALOUD

- * Sit up tall in your chair (or stand) with your feet flat on the floor. If you feel comfortable, close your eyes to tune out distractions...
Take a deep breath in, letting go of any tension as you breathe out...
Slowly relax your neck...and your shoulders...
Now relax your arms...and your hands...
Let go of any tension you may be feeling in any part of your body.
- * Breathe in slowly through your nose like you're smelling hot chocolate, filling your lungs with air...
Let the breath go, slowly exhaling out your mouth like you are cooling it off...
Take (5-10) more breaths, allowing each breath to become slower and deeper than the one before.
- * Now shift your breathing so that you breathe in *and out* of your nose...
Keep following your breath as it enters through your nose and fills up your lungs...
Feel your lungs and diaphragm expand...
Follow your breath as you exhale and your lungs deflate.
- * Keep breathing calmly and deeply for a few more moments.
- * Now take 5 deep breaths at your own speed...
When you're ready, slowly open your eyes.



END