



Mindful Breathing Exercise





This mindfulness connecting exercise will help to slow your breathing rate down.

 **1** Stand up and close your eyes

 **2** Breathe in through your nose for 5 seconds (you can count elephants to help with timings “1 elephant, 2 elephants”)

 **3** Breathe out from your mouth for another 5 seconds

 **4** Repeat this for a few minutes or until you feel a sense of calmness

 **5** Open your eyes and look for:

- 5 things you can see,
- 4 things you can hear,
- 3 things you can touch,
- 2 things you can smell
- 1 thing you can taste.