

Mindfulness of Breathing

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



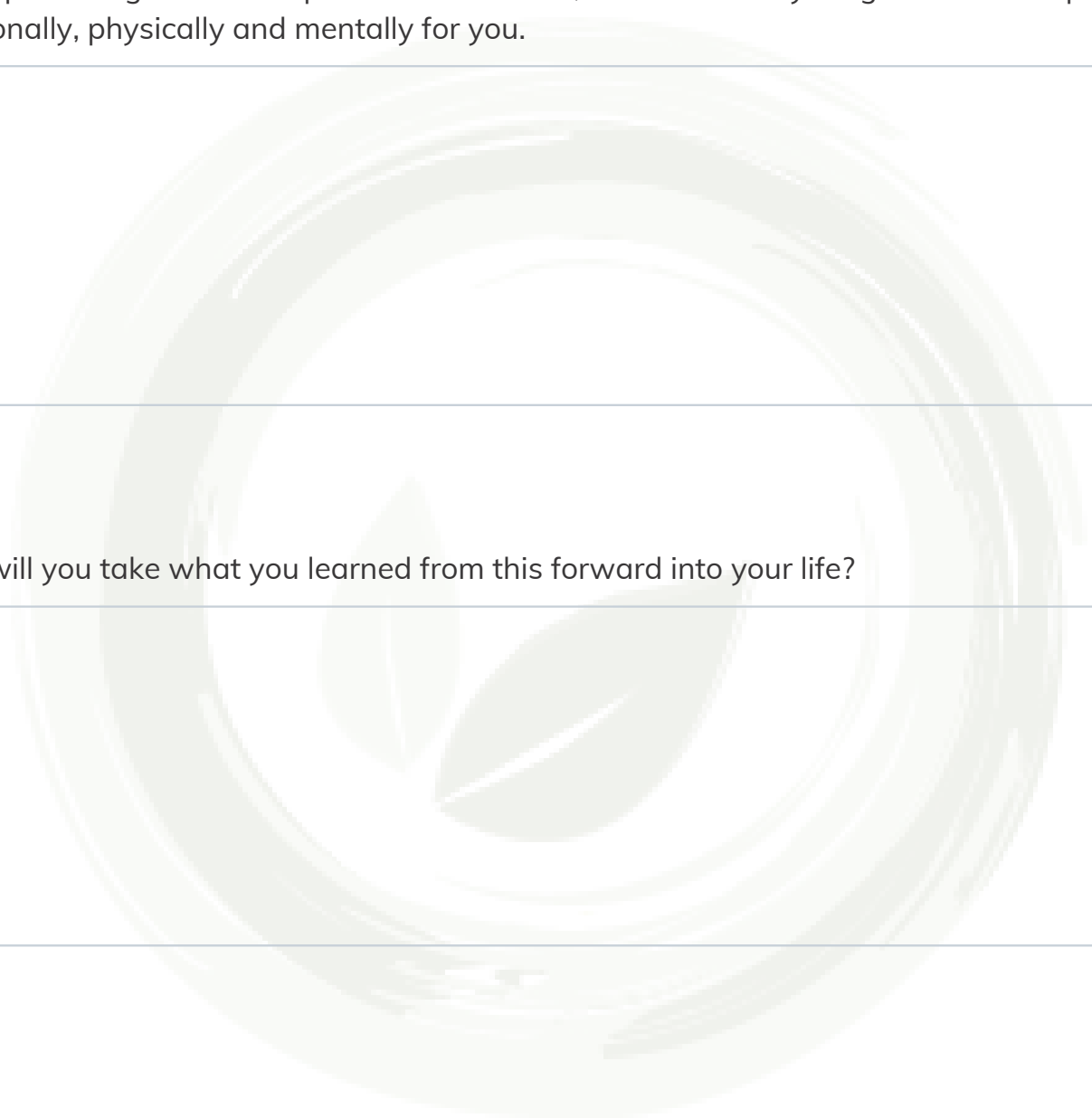
1. Mindful breathing is best practiced with no distractions, such as a television or telephone, in a tranquil environment. Mindful breathing can be practiced anytime during the day.
2. It can be done either sitting up or lying down, however, if you lie down and find yourself becoming sleepy, you should try a more upright position.
3. Once you have gotten into position, breathe in and out naturally and examine of the act of breathing in and breathing out. Be aware of where the breath is most prominently coming from -- - your chest, your nose, your stomach or somewhere else.
4. Don't distract yourself with counting the breaths or watching yourself breath, just visualize the breath rising and falling like waves on the ocean, rising as you inhale and falling as you exhale. Focus on the here and now and concentrate on breathing.
5. Do not manipulate your breathing in any way, just breathe normally and be aware of each breath as it comes and goes.
6. If you notice your attention wandering from the breathing, just acknowledge the distraction and then refocus back on breathing.

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JOURNAL FOR MINDFUL BREATHING:

When practicing this technique for the first time, write down anything that comes up emotionally, physically and mentally for you.



How will you take what you learned from this forward into your life?