



Mindful Breathing Exercise

1. Drop your shoulders.
2. Take some long deep breaths.
3. As you become more relaxed, count how long your 'in' breath lasts for.
4. Then ensure your 'out' breaths last longer than the 'in' breaths.
5. With each breath, continue to count and concentrate on relaxing a different muscle or part of your body. Start with your toes and work your way up to your head.
6. In addition, you can imagine that with each breath in, you are watching the tide come in. And with each breath out, you are watching the water ebb away.
7. If you like, you can add more visualisation, thinking about what you can see, feel, hear, smell & taste whilst watching the sea. This will distract your mind and help you into an even deeper relaxed state.