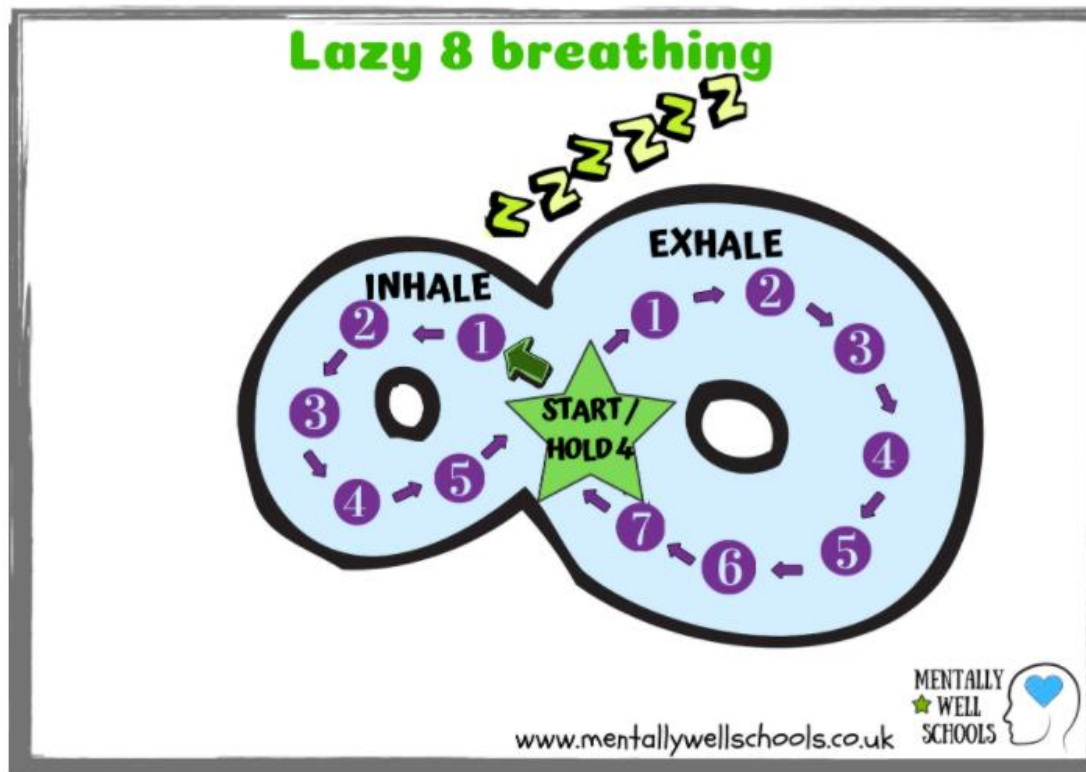


Lazy 8 Breathing exercise

Here's a quick and easy breathing exercise that anyone can try.

Paced breathing exercises like this are a simple way to signal to your brain to slow down and relax. Deep mindful breathing is one of the most effective ways to quickly lower stress in the body.



Use the image as a focal point while you are doing the activity. (Instructions are below.)

Doing simple exercises like this should be just that: simple - so no need to get fancy, or sit in a precise way. Just take 2-3 minutes to focus on your breath and Relax.

It can help to place your hand on your stomach as you breathe to ensure that you're breathing deeply enough (sometimes called 'belly breathing').

If your hand is rising and falling on your stomach as you breathe, you're doing it right!

Lazy 8 breathing

INSTRUCTIONS:

Turn your focus only on your breathing. If your mind returns to worries or other thoughts, bring your mind gently back to your breath. Start on the green star. Go round the small circle while taking a deep breath through your nose to the count of 5. Fill your lungs completely with air. Hold your breath for 4 when you get to the star. Then follow the arrows around the large circle to the count of 7 while breathing out. When you get to the green star again, hold for a count of 4. Repeat for 1 or 2 minutes or until you feel more calm.

