



## Five Things – Mindful Breathing...

**Why?** Mindfulness has been found to be helpful by paying attention, with kindness and patience, to what is going on inside and outside of our bodies, in the moment.

When we need to feel stronger, focused and more confident we can use mindful breathing activities to help us stay grounded in the now.

Starting with the sense that you can project the furthest, gradually bring your awareness closer and closer, finishing with a deep breath.

Lay or sit very still and notice how your body feels.

### Notice...

**Five** things you can see

**Four** sounds you can hear

**Three** things you can feel

**Two** things you can smell or taste

Take **One** deep breath, in through your nose, long and slow, hold for a second or two, breath out slowly through your nose.

Keep going until you feel your body is calm and relaxed.

