

Pride Space Therapy and Counselling

Mindful Breathing Worksheet

What is Mindful Breathing?

Mindful breathing is a technique that helps you focus on your breath to calm your body and mind. It can help reduce anxiety, lower stress levels, and increase emotional awareness.

Step-by-Step Guide:

- 1. Find a comfortable seated position. Sit upright, but not stiff.
 - 2. Gently close your eyes, or keep them softly focused on a spot in front of you.
 - 3. Bring your attention to your breath. Notice the air entering and leaving your nose.
 - 4. Inhale slowly for a count of 4...
 - 5. Hold your breath for a count of 4...
 - 6. Exhale slowly for a count of 6...
 - 7. Pause briefly before inhaling again.
 - 8. Repeat this cycle for 2–5 minutes.
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- If your mind wanders, gently bring your focus back to the breath. No judgment—just return.

Tips:

- Practice daily, even when you're not feeling anxious.
- Use this technique in moments of stress, before a meeting, or when feeling overwhelmed.
- You can use a timer, calming music, or a breathing app for support.

Reflection:

After practicing, take a moment to notice how your body feels. What thoughts or sensations arise? Jot down a few notes below if you wish.

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