

Breathing Exercise Worksheet

Purpose

This worksheet will guide you through a simple breathing exercise to help reduce stress, calm your mind, and bring your attention to the present moment.

Step 1: Get Comfortable

- Sit or lie down in a comfortable position.
- Place one hand on your chest and one hand on your belly.
- Gently close your eyes if you feel comfortable.

Step 2: Follow the Breathing Pattern

Box Breathing (4–4–4–4):

1. **Inhale** slowly through your nose for **4 seconds**.
2. **Hold** your breath for **4 seconds**.
3. **Exhale** slowly through your mouth for **4 seconds**.
4. **Pause** for **4 seconds** before starting again.

Repeat this cycle **5–10 times**.

Step 3: Notice Your Body

- Pay attention to how your chest and belly move.
- Notice if your body feels more relaxed.
- If your mind wanders, gently bring your focus back to your breath.

Reflection

After completing the exercise, take a moment to reflect:

- How do you feel now compared to before?
- What thoughts or feelings came up?



Write a few words here:

 **Tip:** Practice this breathing exercise 2–3 times a day, especially when feeling stressed or anxious.