

TAKE TEN BREATHS

- Throughout the day, pause for a moment and take ten slow, deep breaths. Focus on breathing out as slowly as possible, until the lungs are completely empty, and breathing in using your diaphragm.
- Notice the sensations of your lungs emptying and your ribcage falling as you breathe out. Notice the rising and falling of your abdomen.
- Notice what thoughts are passing through your mind. Notice what feelings are present. Notice what physical sensations are in your body and what action urges you are experiencing.
- Observe your thoughts, feelings, physical sensations and action urges without judging them as good or bad, and without trying to change them, avoid them or hold onto them. Simply observe them.
- Notice what it's like to observe thoughts, feelings, physical sensations, and action urges with an attitude of acceptance rather than reacting and going into automatic pilot with your usual habits and patterns.