



WHAT IS MINDFUL BREATHING?

Mindful breathing is the most common mindfulness practice for beginners. Mindful breathing has a simple purpose: to notice, accept and be aware of your breath. This is done by using the breath as the object of focus. Regular daily practise of mindful breathing will make you calmer, and less reactive to stress. In time you may find that your practice deepens and slowly evolves into a breathing meditation. And that is the great gift of mindful breathing can give us.

FOR WHAT DURATION SHOULD I PRACTICE?

You can do it for any length of time. Start doing it for only a few minutes, maybe two or three. Over time the duration will expand to whatever is right for you. Or you can set a time a meditation app – a little bell chimes to mark the end.

HOW SHOULD I SIT WHILST PRACTICING?

When you sit to practice mindful breathing adopt a 'dignified' posture. This allows you to be relaxed and alert at the same time. Avoid lying down, or sitting in lounge chairs or recliners. A regular straight-back kitchen chair is ideal.

FOR WHAT DURATION SHOULD I DO IT?

Close your eyes. Bring attention to your breath and the movement of the breath.

Beginners start with this very basic exercise. Take 4 deep breaths. Then resume breathing naturally. Bring a gentle attention to your breath, and the movement of your breath, in

and out. Tune into the physical sensation of the breathing - not thinking of the breathing, but being one with it; becoming aware of the in-breath and the out-breath. When the mind wanders – that's OK. Acknowledge it, gently let it go, and bring your attention back to your breathing.

WHAT DO I DO WHEN MY MIND WANDERS?

You will find that your mind wanders off from the breath. That is perfectly normal, and not a problem. The mind naturally wanders. Just acknowledge the thought or sound, experience it and very gently let it go.

When you are thinking of something, despite wishing to just rest your mind in the present moment, our mind instead pulls us away from the present moment, into thinking. This is the unsettled mind. When you realise you are thinking that's OK.

Gently bring back your attention to the here and now, and your breathing.

HOW CAN I BRING MINDFULNESS INTO MY DAILY LIFE?

The easiest way is to do one daily activity mindfully. Experience being where you are. Allow yourself to be present - experiencing whatever is happening. Let your mind rest in the present moment. And simply be aware of where you are now. Tasks you can do mindfully: brushing your teeth; taking a shower; preparing or cooking food; washing the dishes.

I hope you find this factsheet helpful.

You are welcome to email [moodfoodmove](mailto:moodfoodmove@gmail.com) at: moodfoodmove@gmail.com with any questions ☺