

# BREATHING EXERCISES

FOR BOLSTERING RESILIENCE  
& PRACTICING MINDFULNESS

we spend  
**47%**  
of our day  
**NOT**  
thinking  
about the  
task at  
hand

Being mindful of where we direct our mental energy can help us better focus our attention to productive thoughts and ideas, which makes all the difference in building our resilience and enhancing our state of mind.

Focusing on your breathing is a great way to direct your mental energy and start your day with a healthy, positive, mindset.



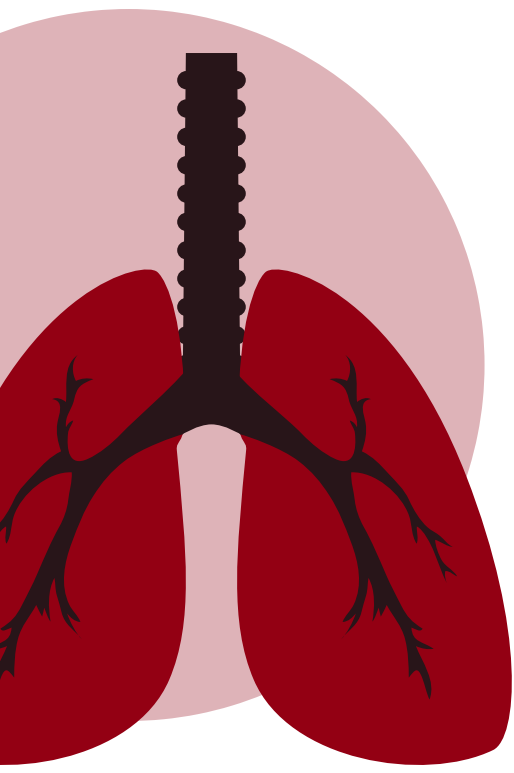
## STEP 1: FIND A RELAXED, COMFORTABLE POSITION

Find a comfortable chair or place a cushion on the floor. Keep your back upright and rest your hands on top of your thighs.

## STEP 2: RELAX & NOTICE YOUR BODY

Let yourself relax and pay attention to your body — think about how you're sitting, and the connection with the floor or the chair.





## STEP 3: TUNE INTO YOUR BREATHING

Don't worry about counting the length of your breathing. Just pay attention to the natural flow of your breath.

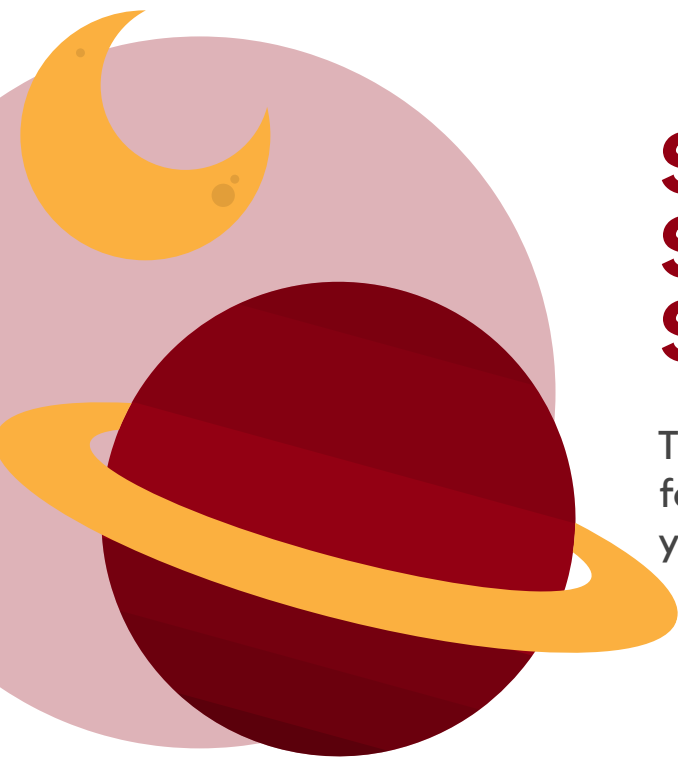
Follow your breath and think about where you feel your breath in your body, how it moves through your nostrils, down into your chest and abdomen.

Try to feel the sensations of breath, one breath at a time.

## STEP 4: IDENTIFY YOUR INTENTIONS

Keep these 3 thoughts in mind:

- o Something you are grateful for.
- o Something you are willing to let go.
- o Your focus for the day.



## STEP 5: STAY IN THIS SPACE

Try to keep your mind in this mental space for one to two minutes. Pay attention to your breathing, and just be.

## STEP 6: CHECK IN WITH YOUR MIND BEFORE YOU CHECK OUT

When you're ready to check out, notice your body once again. Roll out your shoulders. Relax your neck, shoulders, arms and hands, and any tension you might be holding on to drips right out of the finger tips.



Hats off to YOU for giving your mind and body a boost today!

You are setting YOUR intention for the day with these 3 thoughts.

It all helps move us forward with a positive mindset.