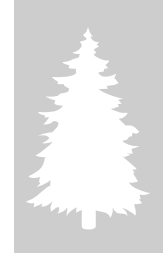


Breathing...1...2...3...



BREATHE

- Notice your breathing.
- How deep are the breaths that you take?
- Which parts of your body move as you breathe?
- Do you breathe through your nose or mouth?
- How long does it take you to breathe in and out?

NOW, TRY THIS

- Get into a comfortable position
- Breathe through your nose
- Pace your breath to the count of three, breathing deeply into your lungs and abdomen...1...2...3...
- Hold your breath for the count of three...1...2...3...
- Slowly exhaled through your nose to the count of three, emptying your lungs and abdomen of as much air as possible...1...2...3...
- Rest for the count of three...1...2...3...
- Repeat this process three times
- With each repetition, notice how your body feels
- Think about your emotions
- Think about your level of alertness
- Repeat the entire process as many times as you are comfortable
- Focus on the new sensations and feelings this slow, deep breathing creates for you

YOU HAVE JUST MASTERED A NEW SKILL!

Practice this breathing exercise daily for a week. Notice throughout the week the way your body feels. Many people describe feeling more energy, feeling calmer inside, not getting upset so easily, and slowing down to a comfortable pace in their lives. Use the breathing...1...2...3 worksheet to track and describe your feelings.