

## **Mindful Breathing Meditation**

### **Take 90 seconds to relax your mind and body.**

Have you tried to meditate, but thought you failed because your mind raced or you got bored? You are not alone. The word ‘meditation’ is intimidating. Let’s make it simple and easy. Meditation is just noticing your thoughts and having awareness of your breath. How hard is that? Ok, so maybe you noticed that most of your “meditation” is filled with worry, anger or frustration... that is not a fail! Thoughts and emotions will race, scatter, fly all over time and space... that’s why this tool for connecting your thoughts to your breathing helps calm both your mind and your body. Focusing on the temperature changes inside of your nose as you inhale cool air then exhale warm air helps you calm down. Physically and mentally. Concentrating on the physical temperature of your nose during inhale and exhale of breath stops your brain from emotionally time traveling into past events or into future made-up stories.

1. **Progressive muscle relaxation.** Sit upright in a chair, positioned comfortably with your feet resting on the ground. Now wiggle your toes. Focus your attention on your wiggling toes just long enough to **take ownership of your mind and body. Become present in this moment.** Relax your toes and move your attention upward, tightening then releasing every muscle in your body from your toes to your shoulders. Once your legs, hips and torso muscles are relaxed, focus attention on your shoulders. Pull your shoulders down, away from your ears. Relax your shoulder muscles. Relax your neck. Relax every muscle in your face. With your whole body now loose and relaxed, you are ready to practice focused nostril breathing.



2. **Take a deep breath through your nose, lips closed.** Inhaled air will feel slightly cooler in your nose. Notice the cooling sensation around your nostrils as you inhale, hold it briefly then as you exhale, feel the warmed air exit your nostrils. Focusing on the temperature change in your nostrils stops your mind from time traveling. Continue to breathe deeply, mindfully, focusing on slight changes in your nostril temperature as you inhale and exhale. **All you need is 90 seconds of mindful breathing to calm your brain.**

#### **Points to remember:**

 **Relaxation and deep breathing may feel awkward and difficult at first.** You are not failing if your mind races and your muscles twitch. It is all part of the process of calming your mind and body down. Refocus on the temperature inside of your nose anytime you notice your mind wander into a worry or a “to-do list”. Another deep breath will calm you back into the rhythm of the “cool air in and warm air out.”

 **Just 90 seconds of focused breathing are enough to make a BIG difference.** You will notice your body calming every time you tune into your deep breathing. Never use “no time” as an excuse. Start practicing your mindful nostril breathing each time you wait at a stop light in traffic or walk from one room to another. Take 90 seconds to breathe mindfully before important conversations, each time you shower or bathe, and as you lay down to rest for the evening. You got this!