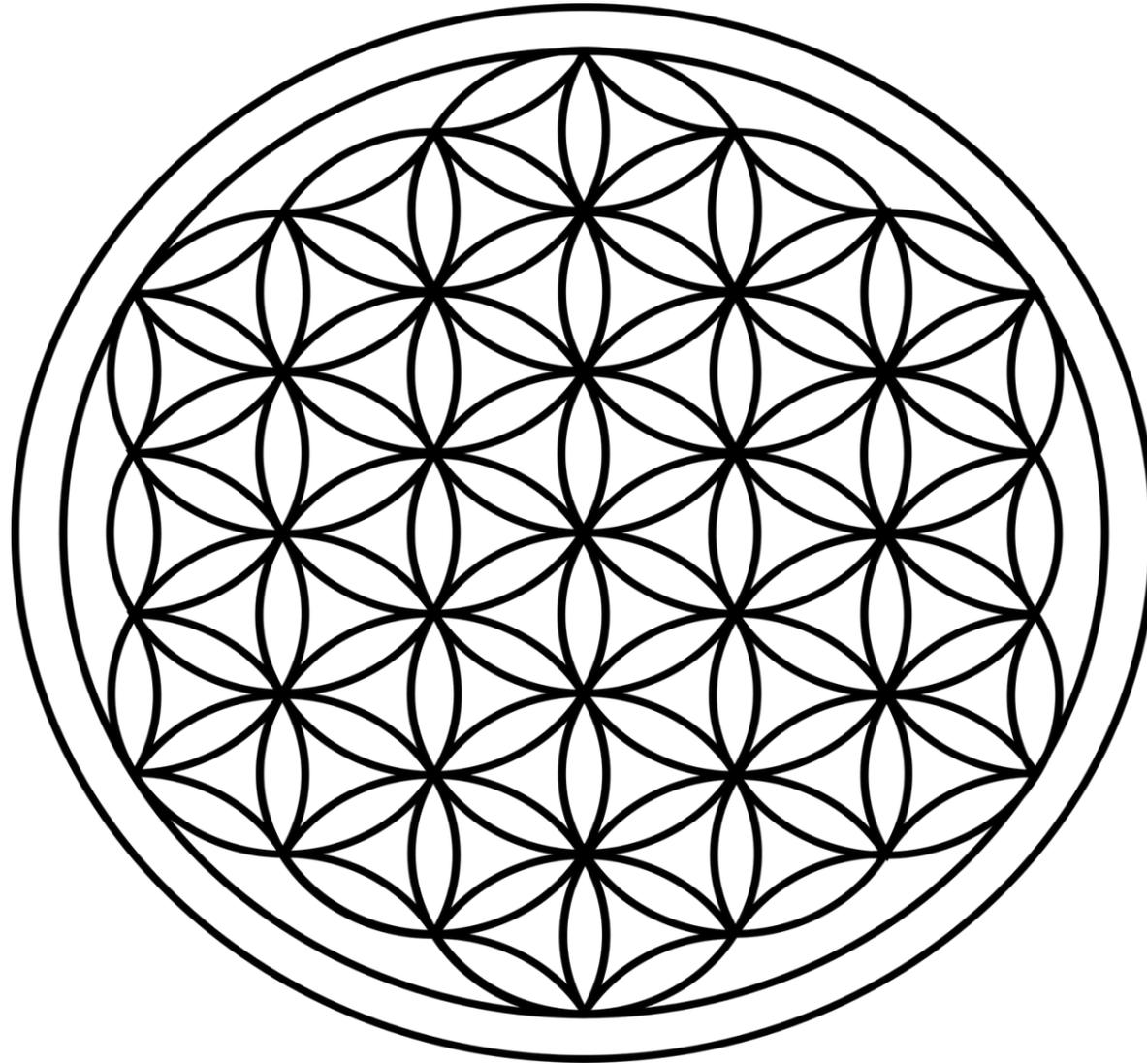


QC37 Supporting a Suicidal Young Person - Mandala handout



## Mindful breathing exercise

Observing your breathing enables you reduce stress and anxiety by paying attention to the process of breathing. This is called mindful breathing. It allows you to be in the present moment. Learning to slow down and pay attention to your breathing is a simple, yet effective skill.

Instructions:

1. sit in a comfortable position with your eyes closed or partially open, relax your shoulders
2. place one hand over your navel (if you wish)
3. take in a deep breath to start with, then release it slowly and completely through your nose or mouth
4. allow your next breath to flow in by itself through your nose, notice the cool air enter your nose, and warm air leave your nose, notice the space in between each breath, notice your hand on your stomach rising and falling
5. keep breathing normally and naturally, there is no need to force your breath to do anything, do you notice any areas of tension or pain, just notice these things, and keep breathing
6. if your mind wanders, gently bring it back to your breath, continue observing your breathing for 5 minutes.

After the exercise, notice how your body feels now. Do you feel any different to how you were before you started?