

## **Guided Deep Breathing Exercises**

Welcome to the short mindful breathing exercise

Take a moment to settle down...

Find a comfortable position — sitting or lying down.

Gently close your eyes...



Let your body relax.

### **1. Centering (30 seconds)**

- Bring your attention to your natural breath.
- No need to change anything yet... just notice the gentle rise and fall.
- Allow your shoulders to soften...
- Relax your jaw...
- Let your hands rest loosely.

### **2. Begin Deep Breathing (1 minute)**

- Now take a slow, deep breath in... through your nose...
- Inhale for 4... 3... 2... 1...
- Hold it gently for a moment...
- And slowly breathe out through your mouth...
- Exhale for 6... 5... 4... 3... 2... 1...
- Again...
- Inhale for 4... feel your chest and belly expand...

- Hold...
- Exhale for 6... releasing tension with the breath.
- Continue at this slow pace...
- Each inhale bringing calm...
- Each exhale letting go.

### **3. Body Relaxation With Breath (1.5 minutes)**

- As you breathe deeply...
- Imagine each breath sending relaxation through your body.
- With your next exhale, let your shoulders drop...
- With the next one, relax your neck and jaw...
- Let your arms and hands feel heavy and peaceful.
- Breathe in calm...
- Breathe out any tightness in your chest.
- Let your stomach soften, your hips relax, your legs grow loose and light.
- Each breath is like a gentle wave...
- Flowing in... and flowing out...
- Washing away stress and noise

### **4. Breathing With Affirmations (1 minute)**

Now repeat silently in your mind as you breathe:

- Inhale: “I am calm.”
- Exhale: “I release stress.”
- Inhale: “I am safe.”
- Exhale: “I let go.”
- Inhale: “My mind is clear.”
- Exhale: “My body is relaxed.”

Let these words settle inside you...

Let your breath guide you into stillness.

### **5. Slow Return (45 seconds)**

- Gently return to your natural breathing...
- Feeling lighter... clearer... more present.

- Become aware of the space around you...
- The surface supporting your body...
- Your fingers... your toes...
- Take one final deep breath in...
- And a slow, soothing breath out.
- When you're ready...
- Gently open your eyes

**Closing (10 seconds)**Take this calm feeling with you as you move through your day .

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Take a deep breath. Inhale  
peace. Exhale happiness.