

15-Second Breathing Exercise



- 1) Go to a quiet place, where you can close your eyes and be comfortable
 - Set a timer for 1-minute
 - Close your eyes, then breathe calmly and slowly, counting each breath cycle
 - Breathe in deeply through the nose, and out slowly through the mouth
 - Try counting how many deep breaths you take during this minute, don't worry about reaching a certain number
- 2) Set the timer again
 - Each time, note the number of breaths you took in one minute
 - Check in with your body and mind - observe how you feel after the timer goes off
- 3) Over time, practice slowing your breathing to be able to take 4-6 deep breaths in one minute
 - Try using this as a 2-minute break after completing a task; or while sitting on the bus or subway - anytime that you can have a moment to yourself
 - Once you've mastered the technique, you won't need a timer you will be able to do this anytime, anywhere, to feel calm and refreshed