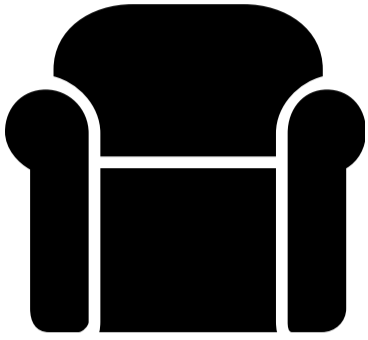


GUIDED BREATHING IN 6 SIMPLE STEPS



STEP 1: FIND A PEACEFUL PLACE

To start, find a comfortable place. Ideally, this should be somewhere that can support your back and your feet should be planted on the floor. Although it may be difficult to find a quiet place while at home, try to find a space with few distractions.

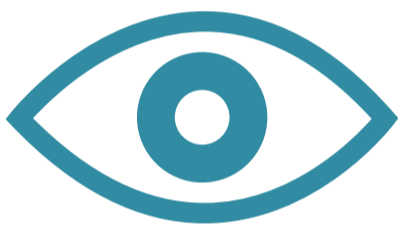
STEP 2: BEGIN STEADY BREATHING

Begin with a few easy breaths. Try breathing in through your nose for 4-5 seconds and then breathing out through your mouth for 4-5 seconds.



*It may take a few breaths to take in and let out this much air, so be patient with yourself

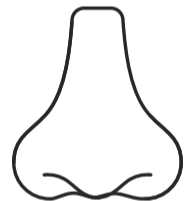
STEP 3: FINDING FOCUS



If you feel you have a nice, calm resting breath - breathing in through your nose and out through your mouth - try closing your eyes to help limit any visual distractions. If you are not comfortable closing your eyes, that is ok. If your eyes remain open, try to find something in the room or on the floor that you can focus on, and gently soften your gaze towards that object.

STEP 4: JUST BREATHE

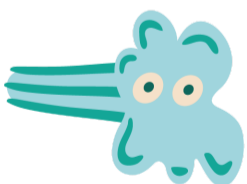
Hopefully, you are breathing gently and easily. Stay with this for a few moments. Allow yourself to breathe in and out allowing your breath to bring physical comfort to you. Try doing this for 1 minute.



STEP 5: BREATHING AND THE BODY

As you continue to have a nice, resting breath, start to focus on how the breath moves through your body. Notice how the air travels in through your nose, fills into your lungs and stomach, and as your exhale notice your stomach and chest falling and air moving out of your mouth.

*Remember, we aren't trying to breathe perfectly. We are finding a nice resting breath and bringing our attention to it. Now, let's continue to breathe and focus on our breath.



STEP 6: BANISHING DISTRACTING THOUGHTS

As we continue to breathe and focus on our breath, you may notice distracting thoughts, and that is ok. For that moment it is simply a thought - maybe it is worrying about a friend or family member, or perhaps it is school or the future.

Acknowledge that thought and then bring your attention back to your breath. Again, notice your breath travelling in through the nose, filling your lungs and stomach, and as you exhale notice your stomach and lungs fall as air is released from the mouth.

We may not be able to control the thoughts that we have, but maybe we have control on what thoughts we focus on, and for now we are only trying to focus on our breath.



QUESTIONS? FEEL FREE TO CONTACT THE GOUCHER COLLEGE STUDENT COUNSELING CENTER MONDAY THROUGH FRIDAY FROM 9 AM TO 5 PM AT 410-337-6481, OR TO SPEAK WITH A LICENSED MENTAL HEALTH COUNSELOR BY PHONE 24/7 CALL 855-236-4278.