

Mind & Body

Check-in and Breathing Practice

1 Quiet Space and Position

Find a comfortable position either sitting or lying down.

Allow closing your eyes to signal your mind and body that you are moving from an outward directed to an inner directed awareness.

After closing your eyes for a moment, slowly open them and gaze around your space. Then slowly close the eyes settle into your inner body. Repeat one more time.

2 Energy

Take a baseline of your body's energy level. Use the same 1-10 scale, with "1" representing extreme physical lethargy and "10" representing intense energy, almost of the point of feeling hyperactive.

3 Feelings

Are there certain and obvious feelings present? Joy, peace, calm, sadness, numbness, disgust, anger, overwhelm, fear or anxiety

4 Mind

What's going on in your mind?

Are your thoughts moving fast, moving from one thing to the next?

Are the thoughts slow or sleepy?

Somewhere in the middle?

Are they focussed on the future or the past?

It may help to use a 1-10 scale, with "1" being slow thoughts and "10" representing a racing mind. Or you can note something like "fast mind" or "sluggish mind."

5 Breathing

Bring your attention to the tip of your nose.

Begin breathing in and out of your nose. Focus on the cooling sensation as you inhale, and the warming sensation as you exhale.

You may put one hand on your heart/chest and another hand on your abdomen if this feels comfortable.

Inhale feel the chest and ribs expand on the front of the body. Exhale fully 5xs

Inhale feel your side and back ribs and upper back fill and expand. Exhale fully. 5xs

Inhale feel your abdomen rise. Exhale allow abdomen to relax fully. 5xs

When you are ready start counting the breath on the inhale and exhale. Match the number of counts to the inhale and exhale. For example, inhale 1, 2, 3 and exhale 1, 2, 3. Inhale 1, 2, 3, 4 and exhale 1, 2, 3, 4. You can count up to 8. Repeat 3-5 times per number.

The breath should feel natural and easy. Not forced or strained. If this is uncomfortable, return to a count that is more natural to you.

After 5 minutes, release the count and return to a natural breathing pattern. Slowly open your eyes.

6 Feel the Difference

Notice any changes in your mind and body.

How do you feel now? Has your mind slowed down? Do you feel calmer? Have your thoughts evened out or slowed down a little or are they more balanced now between fast and slow?

Check in with your body - does it feel more relaxed?