



Practice for at least 5 minutes per day

Breathe deeply and slowly into your tummy

Say quietly OR silently

Say **“Deep”** then breathe in

Say **“Calm”** then breathe out

Say **“Cool”** then breathe in

Say **“Warm”** then breathe out

Say **“Expand”** then breathe in

Say **“Relax”** then breathe out

***Each time you find your attention popping off
somewhere else, gently bring the focus back to***

Say **“Deep”** then breathe in

Say **“Calm”** then breathe out

Say **“Cool”** then breathe in

Say **“Warm”** then breathe out

Say **“Expand”** then breathe in

Say **“Relax”** then breathe out