



**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

***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