

## MINDFUL BREATHING

Breathing is a sign of life. Yet we do not give it much thought because it's a natural process. Breathing mindfully is scientifically proven to increase health benefits while reducing anxiety and stress.

### Steps to mindful breathing

**1.** Place your hands on your belly. Breathe naturally. Do not force yourself to take deep breaths. Make sure that your shoulders are not rising or falling while breathing. Instead, your belly must expand and contract because we breathe from our diaphragm.



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**2.** Focus your thoughts on your breaths - when you inhale and exhale. If your thoughts wander, bring them back to your breathing. One good technique to keep your thoughts from wandering is to focus on your hand moving in and out with your belly.

**3.** Practice mindful breathing for 5 minutes at a stretch. You can do this exercise often in a day either alone or with your children.

**MAKE YOUR DAY JOYFUL.**



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