

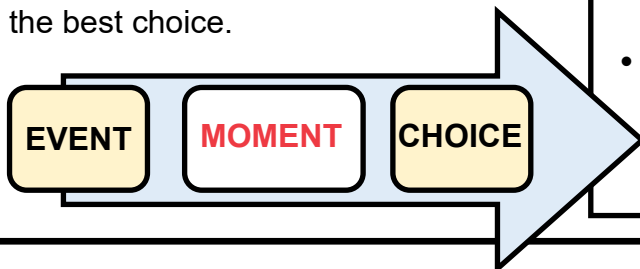


Center for Resiliency and Wellbeing

“BREATH”

Between something that happens to you (**EVENT**) and your reaction (**CHOICE**), there is a **MOMENT** or *pause*. *The time you spend in the **MOMENT** is very important!*

The **MOMENT** is where you stop (*pause*) and practice a “**BREATH**”. This allows you to clear your mind to make the best choice.



COUNTING CALM BREATH

- First, raise one of your hands into a fist. Raising one finger at a time counting in your head 1-2-3-4-5 while breathing in slowly.
- Second, hold your Breath for 4 seconds.
- Third, exhale slowly while counting in your head backwards 5-4-3-2-1 and lowering one finger at a time back into a fist.
- Repeat the steps above at least 2 to 3 times focusing on calming in the **MOMENT** before the CHOICE (reaction).

HUM BREATH

- Breathe in slowly while counting to 5 in your head.
- Hold your breath for 4 seconds.
- Exhale slowly with a humming sound.

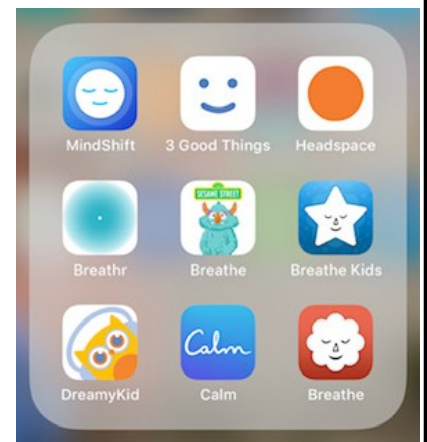
Optional: breathe in and exhale with your eyes closed while focusing on the humming sound.

TOOLS

TO USE:

Website for Teens:

[http://
mindfulnessfor-
teens.com/
resources/resources-
for-mindfulness/](http://mindfulnessfor-teens.com/resources/resources-for-mindfulness/)



FOCUS BREATH

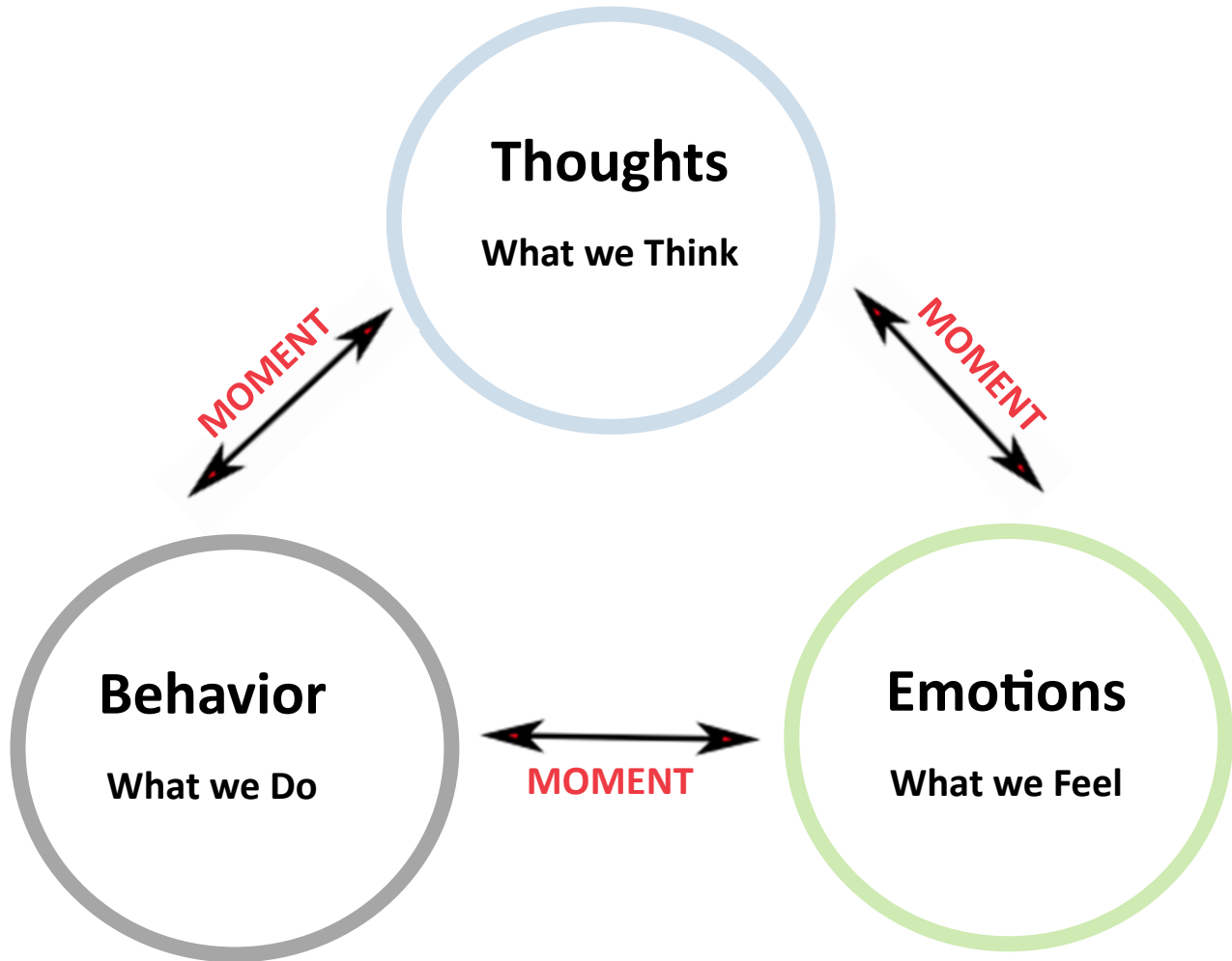
- Start by breathing in and out slowly to become aware of the natural rhythm of your breath.
- Let your breath flow in and out easily.
- Next, inhale for a count of four.
- Hold for a count of four.
- Exhale for a count of eight.
- Repeat four times.

PRACTICE, PRACTICE, PRACTICE....

With all things, it is important to use these “breaths” not only in the **MOMENT**, but to practice them throughout the day to help with mental, physical and emotional health.

Try to practice a “breath” every morning and every night at least 3 times each.

“MOMENT”



(Above: is the Cognitive Triangle)

Did you know?

- What you **THINK** affects how you behave and feel
- How you **FEEL** affects what you think and do
- What you **DO** affects how you think and feel

The BREATH

helps you develop a *purposeful* **MOMENT** (pause) that allows you to *control* your thoughts, emotions and behavior.