



BREATHING EXERCISE FOR RELAXATION AND FOCUS

Breathing is something you do all day, but how often do you take the time to *just* breathe? Noticing your breath increases your bodily awareness, allowing you to shift to a new focus. Try this exercise the next time you need to calm and center your mind. If breathing practice is new for you, start slow. Begin with 1 minute and work up to 5 minutes.

TUNE IN



Sit comfortably with a tall spine. Let your shoulders drop and rest your hands in your lap with your palms up.



Close your eyes or keep them open and gaze downward.

FOCUS



Bring attention to your breath. Notice when you inhale and exhale.



Tune into the physical sensations. Feel the breath coming in and out through your nostrils. Notice your chest and belly as they expand.

TRY THIS



If your mind wanders, bring it back to **focus on the breath**, with good humor and kindness toward your restless mind.



Take note of how your breath feels **without trying to change it.**

✉ workwell@olr.nyc.gov

🔗 nyc.gov/workwellnyc

📷 @workwellnyc

