



Mindful Breathing

What is mindfulness?

It is **paying attention in a particular way**, on purpose, in the present moment and nonjudgmentally.

Mindfulness is **being aware** of what you are thinking, feeling, doing, and experiencing right now, **in the present moment**.



What is Mindful Breathing?

It is a type of mindfulness where you pay attention to your breathing. The aim of Mindful Breathing is not to focus on your breath and block everything else out. Instead, use breathing as a way of bringing your attention back to the present moment each time you notice that your attention has drifted away. Do this as many times as you need it.

How does Mindful Breathing help me sleep?

Mindful Breathing helps calm your mind and relax your body. When your mind is calm and your body is relaxed, it can be easier to go to sleep and stay asleep, and to get good quality sleep. Whenever you find yourself lying in bed unable to relax or worrying about sleep or other things, you can use Mindful Breathing to guide your attention to the present moment. Sleep will come naturally when you are not struggling with it.

How long should I practice?

You can practice Mindful Breathing for anywhere **from 3 minutes to an hour** at any time during the day.



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Why should I practice Mindful Breathing every day?

Mindful Breathing is a skill, and like any skill, the more you practice it, the better you become at it and the more helpful you will find it for sleep, relaxation, and stress reduction. We invite you to practice Mindful Breathing every day – even 5 minutes can be very beneficial.

When is the best time for me to practice Mindful Breathing?

You are the best judge of when in your day is the best time to practice. You may choose to practice Mindful Breathing right before bed or after you come home from school. You may even want to experiment with practicing Mindful Breathing at different times in the day to see when you find it to be most helpful.



How do I practice Mindful Breathing?

When you are first learning Mindful Breathing, it is helpful to listen to an audio recording to guide you through the practice. There are 2 ways you can listen:

- ▶ Download the free app called Breathr and play the 5 minute guided meditation called “Mindful Breathing.” You can also explore other short guided meditations and mindfulness practices on the same Breathr app.
- ▶ Go to the website using the QR code to the left or go to <http://mindfulnessforteens.com/guided-meditations/> and click on the audio link for the 5 minute “Mindful Breathing” guided meditation. You can also explore the other mindfulness meditations at the same website.



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