



A mindfulness breathwork practice

1–3 minutes

Mindfulness is the act of bringing yourself into the present moment through focusing on what is happening now. It allows you to become completely aware of what is going on in your mind, body and in the world around you.

Through practising mindfulness techniques, such as this short breathwork practice, you can increase your awareness and curiosity of what is going on at the present time and bring your complete attention to the moment.

It enables you at any time of the day or night to be able to pause, breath, create space in your mind and body for any length of time, even for few minutes. This can be practiced inside: sitting or lying down, watching the TV or outside: in your garden, whilst walking, shopping, doing daily activities.

Please be aware not to practice mindfulness practices if you are driving, using any machinery or doing any activity that requires total concentration. If you find it too difficult, then please stop and contact your doctor before continuing.

Sit comfortably in a chair with your back straight if possible or lie down on the floor, sofa or bed. Put your feet flat on the floor and your hands comfortable by your side, either on your lap or the chair. If it's available to you, close your eyes or lower your gaze.

You can breathe in any way that is comfortable for you, either in through your nose and out of your mouth or out of your nose. You can start by breathing normally and then deepen your in-breaths, holding them briefly and then letting them go.

You can count your breaths if you find it helpful, using square breathing (in for 4, hold for 4, out for 4) or making sure your out-breath is longer than your in-breath (in for 4, hold for 4, out for 6). Any combination that is comfortable for you is fine.

Focus your attention fully on your breath going in and coming out, just notice any sensations in your mind or body that come with the breath. Bring a non-judgemental, compassionate and friendly curiosity to your thoughts and feelings (positive and negative) that come and go. Be aware of anything you notice and then guide your focus back to your breath.

If your mind wanders which is normal, be aware of it and gently bring it back to your breath each time. Being able to bring your attention back without being critical of yourself is a large part of mindfulness practice. The more you practice, the easier it becomes to keep your attention on your breath and the present moment.

When you are ready, bring your breath back to its normal pace. Bring your attention to the whole body and your breath going in and out. Open or lift your eyes and look around you, being aware of your surroundings. Thank yourself for pausing and doing this practice.

Contact Details

If you require further advice please contact Weldmar Hospicecare Allied Health Care Professionals (Physio) on **01305 215322** or the Weldmar Complementary Therapy Team complementarytherapy@weld-hospice.org.uk



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