



# Daily SIP from the Well

## *Follow Your Breath*

Start by bringing attention to your breath, noticing your inhale and exhale. After a few cycles of just noticing your breath, start to count your breath:

1. Breathe in to the count of 3 and out to the count of 4. Do this three times.
2. Breathe in to 3 and out to 5, three times.
3. Breathe in to 4 and out to 6, three times.
4. Then, begin to breathe at your own rhythm. Notice if this is easier. As you breathe at your own rhythm try to introduce a small pause at the end of the out-breath.

Continue this breathing practice for a total of 5 to 10 minutes, ensuring that the out-breath is a little longer than the in-breath.

## Tips

You can *Follow Your Breath* at any time to support your body and regain calm. Practicing this exercise once or twice a day will strengthen your ability to access feeling calm. You might find it helpful to set a timer for 5 to 10 minutes when you practice. This way you can focus on your breath with no distraction. By practicing this breathing exercise regularly, you will be able to draw on it whenever you wish.

## What did you notice?

Notice if you find it easier to breathe in or breathe out. There is no right answer—you might notice it changes as you develop this practice or depends on your emotional state. Notice how your body feels as you deepen this breathing practice.

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