

MINDFUL BREATHING EXERCISE

We like to feel happy, but it's hard to feel sad and scared. When we're feeling this way, it helps to first notice that feeling and greet it like it's a friend: "Hello, sadness. How are you doing today?" or "Greetings, fear. I see you're here again." Feel the emotion—hold it like a kite, and then let it fly away. One thing that can help when we're feeling sad and scared is breathing deeply.

- 🐾 Sit still.
- 🐾 Close your eyes.
- 🐾 Imagine that your lungs are like a big balloon that you're filling with air.
- 🐾 Slowly count to five as you breathe in: one, two, three, four five. In your mind, see the balloon fill up with air.
- 🐾 Hold it for a moment. See the full balloon. Then slowly breathe out, counting backward, five, four, three, two, one, as you see the balloon get smaller and smaller.

Repeat this three times and several times a day.

Deep breathing gets more oxygen to your brain and will help you feel calmer.

