

The mindful breath (short)

This is a shorter relaxation focusing on your breathing. Once this relaxation becomes more familiar you can do this anywhere and at any time. Begin by practicing in a comfortable, seated position, finding a comfortable posture with your feet on the floor, sitting upright with your back supported and your hands resting comfortably in your lap. If you want to lie down find a restful position on your back with legs stretched out and arms by your sides. Use pillows or cushions to keep yourself comfortable.

And now close your eyes or keep them gently open, turning your attention to your breathing, allowing your body to breathe in its own rhythm. Notice whether it's fast or slow, light or deep. Noticing what you feel when you breathe in and when you breathe out. If you want to, saying the words to yourself in your mind, 'breathing in, breathing out'. Or simply, 'in and out'. If it feels comfortable, breathe in through your nose and out through your mouth. Or continue to allow the air to flow in a natural way for you.

Now focusing on the sensation of breathing out. If it feels comfortable try making the out breath a little longer, counting to guide you if that helps. Practicing breathing in and breathing out. And now allow your breathing to return to its natural rhythm.

Rest in this space for the next few moments. And when you're ready open your eyes and start making small movements. Bring your attention back to this room as this relaxation comes to a close.