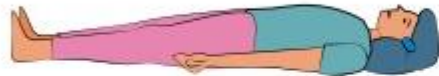


#WELLNESS WEDNESDAY

Mindful Breathing



Sleeping Pose

Don't underestimate the art of relaxation. This can be a challenging pose and requires patience.

How to do:

- Lie on your back with your legs straight and arms at the sides.
- Rest your hands about 15cm away from your body.
- Keep your eyes closed, and palms faced upwards.
- Let your feet drop open.
- Breathe normally while resting your body's weight on the ground.
- Slowly exhale while relaxing and de-stressing all your body parts.

Mindful Breathing can be used as a relaxing way to start or end your day. Please take some time today and throughout this week to try the Mindful breathing exercise below.

1. Find a comfortable place to sit or to lie down on your back.
2. Place your hands on your stomach.
3. Take a big deep breath – in through your nose and out through your mouth. Do this three times and then gently close your eyes.
4. Continue to slowly breathe in through your nose and count 1, 2, 3 in your head (or out loud).
5. Hold your breath and count 1, 2, 3 in your head (or out loud).
6. Slowly breathe out through your mouth and count 1, 2, 3 in your head (or out loud).
7. Count 1, 2, 3 in your head (or out loud) and then breathe in again through your nose.

Questions to think about

- What parts of your body move when you breathe in?
- Do different parts of your body move when you breathe out?
- Can you feel your hands moving?
- What does it feel like when you breathe in – where does the breath go?
- What does your breath sound like?
- What other sounds can you hear while you're breathing?

