

1 Using Conscious Breathing

- Breathing techniques can be used to help you become more present, aware, and observant. Start by taking a moment to consciously focus on your breath.
- Take one long inhale through your nose and hold your breath for 10 seconds. Then exhale slowly for another 10 seconds before inhaling again. Repeat several times.
- Take a deep breath through your nose and then exhale slowly and consciously through your mouth. Repeat several times.
- Take six deep breaths in a very conscious way, slowly and calmly.
- Why not try these breathing exercises right now and experience for yourself how conscious breathing helps you become more present and aware?

2 Defusing Your Present Anxiety

- This exercise is especially helpful when you find yourself worrying about the news and things beyond your control and have difficulties releasing this general anxiety.
- Close your eyes for 10 seconds, open them, look around, and then ask yourself where are my worries? After a brief moment close your eyes again for 10 seconds, open them, and ask yourself again where my worries are? Repeat until you become consciously aware that your worries are gone and the only time you really have is right now in the present moment.

3 Becoming Aware of Silence

- During the day, pick a moment to become aware of silence. Listen to it between gaps of noise. Don't mind a car rushing by or a voice you hear, just focus on the moments of silence that you can observe and allow the silence to wash over you.

4 Observing Your Thoughts

- For this exercise it will be helpful to sit in a place where you will not be disturbed for a few minutes.
- While sitting in a relaxed position, close your eyes and start to observe your thoughts like you would watch images on a screen. Don't judge the thoughts, just be curious to find out what the next thought will be. Continue doing this until you feel ready.

5 Using Your Senses

- This exercise will help you if you are constantly absorbed by thoughts and become more aware of what is going on in your life outside your mind.
- Take a moment to consciously collect information about the world around you through your senses. What can you sense around you by sight or hearing, touch or scent?

Try these exercises in the next few days, and decide which one(s) you like best and start to practice them every day for a few minutes. You will be surprised by the positive impact it will have on your life.

Additional Resources are available by clicking the following links:

https://greatergood.berkeley.edu/article/item/four_ways_to_calm_your_mind_in_stressful_times

<https://www.healthline.com/health/anxiety-exercises#thought-cycle>

<https://www.healthline.com/health/stress/how-to-relax>