



**UNLOCKING POTENTIAL  
LEVELLING THE SOCIAL AND ACADEMIC ARENA**

**Mindful breathing exercise:**

1. Find a quiet calm and comfortable place to sit.
2. If you can, sit or kneel on the floor or a comfortable chair with your back straight. (The straight back bit is really important).
3. Breathe normally a few times. Think about the rhythm of your breath.
4. Start to count how long each breath is. Count as you breathe in then count as you breathe out.
5. Start to think about slowing your breathing down.
6. If you count to 4 when you breathe in, see if you can breathe out to the count of 6. Don't let yourself get out of breath - if that starts to happen go straight back to normal breathing and try again in a bit.
7. Also don't cheat and count quicker as you breathe out - keep your counting and your breath steady. Try and do this breathing for a few minutes - anything between 3 and 5 minutes would be good.

By slowing down your out breath, you start to slow down your heart rate too and this should help you to start feeling a bit less anxious.