

## ANCHOR WITH BREATH ON WEDNESDAY: BREATHING 101

**Alternative Activity:** Read or doodle with a pencil and paper.

### Breathing 101

Watch the *Breathing 101* (BELOW) video or reference the discussion below.

There's a difference between **intentional breathing** and **attention to breathing**. Most of the time, during our mindfulness sessions, we will invite you to practice **attention to breathing** using different prompts and activities. The goal is to notice the breath versus control the breath.

**Intentional breathing** can be a wonderful practice to self-regulate energy. Sometimes it is practiced in the context of yoga and is known as Pranayama. An example of intentional breathing would be breathing in for three counts and breathing out for four counts.

Here are two ways you can practice **breathing with attention**:

Noticing *where* you feel the 'In Breath':

1. Sit or stand to feel grounded and upright, but not rigid.
2. Without changing how you are breathing, begin to breathe in through your nose and out through your nose or mouth. The nose is a natural filter, so it's a healthy choice to use your nose!
3. Become aware of your 'In Breath' and notice where you feel it the most: in the nose [pause], the back of the throat [pause], movement in the chest [pause], movement in the belly [pause]?

Noticing the *start* of the 'In Breath':

1. Now become aware of the moment your 'In Breath' begins.
2. Can you be curious to precisely what that nano-second is like?
3. Where exactly do you notice the very start of the 'In Breath'?

### Discussion

What do you notice about your energy? Has it changed? How do you feel? Did your mind wander today? Were you able to bring your attention back to your breath? How did it feel to be able to re-focus on your breath? Using your breath as an anchor is a great way to disrupt habitual or ruminating thoughts. Remember, your breath is always available, and each one you take is a chance to begin again.