



Digital Wellness

Mindful Breathing

ACTIVITY

Sometimes when we're online, something happens that makes us feel upset, sad or embarrassed. Before we react and say or do something we might regret, it's a good idea to stop and take a mindful moment to calm down and get clear on the best decision.

- ▶ Try this Mindful Breathing activity to build resilience to stress, anxiety and anger.
- ▶ Lie down [or sit down] and let your body rest. Notice whatever you're thinking right now, however you feel right now.
- ▶ When you're ready, take three deep breaths while paying attention to the rising and falling of your belly. We're not trying to do anything special except just notice the sensation—what it feels like.
- ▶ Place your hand on your belly. As best as you're able, pay attention to the rocking of your hand with each breath.
- ▶ Recognize that your mind will go off somewhere else, over and over again, or you might feel restless—all of that is normal, all of that is totally fine. Each time you notice your attention has gone somewhere else, come back again to your hand rising and falling on your belly.
- ▶ If you'd like, count your breaths, sticking to small groups. Perhaps you could count up to five and then start again at one.
- ▶ Each time you lose track, simply start over. Note any tendency to get frustrated—there's no need to, the distractions will happen. Breathe in, one, breathe out, one, breathe in, two, breathe out, two, continuing at your own pace...and coming back again to breathing in and breathing out.
- ▶ Wherever your mind has gone, allow those thoughts to be for just now. Allow them to show up and then continue on. Thoughts are normal. Everyone has thoughts continually throughout the day, throughout this type of practice.
- ▶ Come back gently, and over and over again to the feeling of breathing, right now. Allow thoughts and feelings to show up because they will, and then each time come back again.
- ▶ Breathe in, one, breathe out, one, breathe in, two, breathe out, two, and then again coming back to the next breath—not trying to fix anything or change anything at that moment, or at this next moment.
- ▶ At some other time during the day, there might be something to act on. But right now, simply lie here, guiding your attention to the rocking of your hand, to the sensation of breathing.
- ▶ And when you're ready, if you'd like, open your eyes, or continue to lie still.

SOURCE Derived from Greater Good Science Center @ UC Berkeley's GGIE website. Full Educator Lesson: https://ggie.berkeley.edu/practice/breath-counting-mindfulness-practice-for-tweens-and-teens/#tab_2