

Mindful Breathing Script

Name

Date

Begin by finding a quiet and comfortable place to sit or lie down. Close your eyes if you feel comfortable doing so, or simply lower your gaze to a soft spot on the floor.

Take a moment to settle into your space, allowing your body to relax and your mind to let go of any distractions. Feel the support of the chair or the ground beneath you.

Now, let's begin with our mindful breathing practice.

Inhale slowly and deeply through your nose, allowing your lungs to fill with air. Feel your chest and abdomen rise as you breathe in.

Exhale slowly and completely through your mouth, releasing all the air from your lungs. Feel the gentle contraction of your chest and abdomen as you breathe out.

Continue to breathe in this way, focusing all your attention on the sensation of your breath. Notice the coolness of the inhale and the warmth of the exhale.

As you continue to breathe, you may find that your mind starts to wander. That's okay; it's natural. When you notice your thoughts drifting, gently bring your focus back to your breath without judgment.

Feel the rhythm of your breath, like the ebb and flow of ocean waves. Inhale, pause, exhale, pause, and repeat.

Pay attention to the rise and fall of your chest or the gentle expansion and contraction of your abdomen with each breath. You can even place a hand on your chest or belly to feel the movement more clearly.

If you notice any tension or discomfort in your body, breathe into that area. Imagine your breath soothing and relaxing any tightness or stress.

Continue this mindful breathing for a few minutes, letting go of any worries or distractions. Let your breath be your anchor in this present moment.

As we near the end of this practice, take a final deep breath in, and then slowly exhale, letting go of any remaining tension or thoughts.

When you're ready, gently open your eyes if they were closed, or lift your gaze. Take a moment to notice how you feel now compared to when you began. You may feel more relaxed, centered, and present.

Additional notes