



HEALTH AND WELLBEING CHECKLIST

Date

36

Mindful Breathing for Relaxation

Mindful breathing reduces stress, improves focus, and enhances overall relaxation. Use this checklist to integrate mindful breathing into your day.

Find a Quiet Spot

- Choose a calm environment free of noise and distractions.
- Create a space where you feel relaxed and comfortable.



Sit Comfortably

- Sit with your back straight and shoulders relaxed.
- Rest your hands on your lap or knees to stay grounded.



Focus on Your Breath

- Pay attention to the sensation of air entering and leaving your nose.
- Notice the rhythm and depth of your natural breathing.



Practice Deep Breathing

- Inhale for 4 seconds, hold for 4 seconds, and exhale for 6 seconds.
- Repeat the cycle several times to promote relaxation.



Try Alternate Nostril Breathing

- Close one nostril, inhale deeply, then switch nostrils for the exhale.
- Alternate sides to balance your breathing and energy.



Use Box Breathing

- Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, and hold again.
- Use this rhythmic pattern to calm your mind.





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Incorporate Affirmations

- Repeat calming phrases silently or aloud with each breath.
- Example: "I am calm and in control" or "I breathe in peace, I exhale stress."



Breathe with Visualisation

- Imagine inhaling positive energy, like light or calmness.
- Visualise exhaling tension, stress, or negativity.



Set a Timer

- Start with short sessions of 2–5 minutes to build consistency.
- Gradually increase the duration as you become more comfortable.



Practice Regularly

- Schedule mindful breathing exercises during breaks or stressful moments.
- Make it a part of your morning routine or bedtime ritual.



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