Mindfulness Weekly – Mindful Breathing

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Greetings! We all know how to breathe but we seldom pay much attention to it when we're breathing or holding the breath under stressful situations. The autonomic nervous system runs its course. Mindful breathing is to bring gentle awareness to the breath. You begin noticing the breath coming in as you inhale and going out as you exhale. You are not trying to manipulate your breathing in any way. There are no expectations; ***simply be with the breath moment to moment***. Research has found that practicing mindful breathing regularly, as little as four minutes a day, can reduce stress and pain, increase attention and awareness, and lower blood pressure. Try this short mindful breathing exercise for yourself and with your students: https://www.youtube.com/watch?v=wfDTp2GogaQ. For younger students, you may also consider this balloon breathing video: https://www.youtube.com/watch?v=gwfkTbcOyBs.