

So this is something you can do anytime, anywhere. It's called three mindful breaths.

I like to close my eyes for this.

You may if you wish, or you can leave your eyes open. If you have your eyes open, you might want to soften your gaze.

And begin by bringing your awareness to your breath.

Chest is a good place for this.

And then inhale as deeply as you can and then hold it for a few seconds, perhaps five or seven seconds.

Feel that breath. Feel the fullness of your chest and the breath in your body.

And then exhale.

And then take another deep breath as deeply as you can.

And hold that.

And then exhale, but this time exhale down beyond where you would normally.

This has a tremendous relaxing effect.

Then take that third deep breath.

Inhale deeply and hold it for a few seconds.

And then exhale deeply, going beyond where you would normally exhale.

And then just rest in that awareness for just a few seconds in the calm that that gives you.

Let the tension evaporate.