

Just One Breath

Give yourself a moment to focus on your breathing, helping you feel calmer and relaxed and more present in your body.

Use the instructions and on the image below from [Big Life Journal](https://biglifejournal.com/) <https://biglifejournal.com/> to help you.

Instructions:

1. When you wake up
2. Take a moment
3. Notice how your body feels: Are you tired/achy/refreshed
4. Allow yourself to take a few deep breaths

Just One Breath
BREATHING ACTIVITY

 Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear. 

 Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it. 

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