

# Lazy 8 breathing

## INSTRUCTIONS:

Turn your focus only on your breathing. If your mind returns to worries or other thoughts, bring your mind gently back to your breath. Start on the green star. Go round the small circle while taking a deep breath through your nose to the count of 5. Fill your lungs completely with air. Hold your breath for 4 when you get to the star. Then follow the arrows around the large circle to the count of 7 while breathing out. When you get to the green star again, hold for a count of 4. Repeat for 1 or 2 minutes or until you feel more calm.

