

CALM BREATHING

Dealing with difficult situations can be stressful. It's important to learn how to effectively manage your emotions. This activity will help you to cope with your feelings of being overwhelmed or anxious and help you build your inner resilience.

Instructions

Wellness & Resilience

Time

10 minutes

Difficulty

Easy

Resources

A quiet place

● Step 1

- Set the intention to focus on your breath. Take a moment, wherever you are, to simply breathe consciously and mindfully.

● Step 2

- Notice where your breath is. Perhaps it's in your nostrils, or maybe you feel it more in your stomach, or your chest.

● Step 3

- Breathe a little deeper and longer than you usually do. Notice how it feels.

● Step 4

- When you get distracted, come back to your breath. When your mind wanders away from focusing on breathing (as it tends to do), gently come back to your breath.



For more Wellness & Resilience activities, visit www.preparecenter.org/TeenPrepKit