

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."



M T W T F S S

The breath is always with us, but we rarely notice it. When stress rises, our breathing becomes shallow, and our body holds tension without us realizing. Research shows that even a few intentional breaths can calm the nervous system and steady the mind. This practice uses three breaths, each with a focus: release, soften, renew.

In just a few minutes, you can remind yourself that you already have a tool for grounding. Not to fix everything, but to arrive here, gently, fully, now.

Inhale slowly. Exhale with the intention to let go of one small tension in your body.

I choose to release...

• Breathe again, softening the space around your heart. Imagine your chest widening, making room for your feelings.

I soften towards...

Inhale deeply. Exhale with the thought of beginning again. This moment is always fresh.

One thing my breaths remind me I already have  
is ...

A pause.

And the gift of being here now.

## REFLECTIONS TO CARRY WITH ME

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