



## Living with Uncertainty: Breathing

# breathing

Often in times where we feel overwhelmed, not ourselves and generally anxious we tend to focus on the past, the future, but not on the present moment. We focus on the things that happened in the past to predict what may happen in the future and we often lose focus of the here and now. A great way to bring our attention back to the present moment, the here and now, is to focus on our breathing.

This simple breathing exercise can be practised almost anywhere at any time and is an important skill to help us to deal with stress, anxiety and overwhelming emotions. Focusing on our breathing brings us back to the present moment, it grounds us and reboots our systems allowing us to regain focus, release tension and relax the body and mind.

**“Forever is composed of Now’s”**

### Breathing Exercise

1. Start by breathing in through your nose and out through your mouth. If it feels comfortable for you, close your eyes for a moment
2. Focus on slowing down your breathing, take a deep breath in through your nose, filling up your chest and belly and exhale slowly through your mouth, allowing all breath out before repeating the cycle
3. Try to let go of all your thoughts and turn your focus to your breathing, letting your thoughts go with each exhale
4. Try to pay attention to your breathing, the rise and fall of your chest and belly becoming more aware with each inhale and exhale
5. Continue this exercise for at least one minute or continue for as long as you feel comfortable to do so

Please see our 'Living with Uncertainty' series of posters for more tips on how to manage during times of uncertainty. Similar activities can be found in our Open Ears Programme, please see [www.griefuk.org/schools/#OpenEars](http://www.griefuk.org/schools/#OpenEars) for further information and to purchase these programmes for your school.



[www.griefuk.org](http://www.griefuk.org)

