

1. *Awareness of Breathing*

REFLECT

How was this experience for you?

How did it feel to pause?

What was the texture of your breath?

Where did you feel your breathing?

TRY THIS AGAIN:

- When you're waiting for something or someone
- When someone is saying something you don't like
- Before you go into a meeting

TRACK:

Write down what you learned about yourself in your journal or smart phone.

- How, if at all, did being aware of your breathing impact the situation?
- What did you notice within yourself as you practiced?
- How did others react or respond to you?

You can participate in a Group Discussion to give and receive support, or you can ask Ms. Mindful a question.

