



Filling the balloon

Mindful breathing is a simple way to be present and help regulate our emotions. A good way to practice mindful breathing is to imagine your belly inflating and deflating like a balloon.

Place a hand on your belly, feel the gentle rise and fall of the breath.

Try not to control your breath, just let it flow naturally.

Don't worry if your mind wanders. Each time you notice your mind has wandered off, gently bring your attention back to the rise and fall of your belly.

Pause
Breathe
Smile 

