

## Mindful Deep Breathing Technique – Dr. David MacPhee

I am going to give you some instructions for mindful breathing. Mindful breathing can help us to manage stress, get through difficult moments, and have us feeling more focused and peaceful.

- 1) Find a quiet spot if you can and sit with a straight posture with your feet on the floor. It helps if you can close your eyes. If you have to keep moving then you can practice while doing others things; it just might make it a little more difficult to focus.
- 2) Set a time for the exercise. Three minutes might be enough, but you can do it for as long as you need to or for as little an amount of time as you have available.
- 3) Focus on your breath. Breathe in for three seconds, hold it for one second, and then release your breath in a long, slow, five second exhalation. The specific number of seconds is not that important. Find a pace that is comfortable for you. The main idea is to have a long, slow exhalation.
- 4) Try to belly breathe; letting your abdomen fill with air.
- 5) If you can, try imagining that you are breathing in whatever you need in the moment (e.g., calm, peace, self-compassion, hope, strength). Then imagine yourself exhaling whatever you don't need to be carrying around in the moment (e.g., stress, worry, judgement).
- 6) Breathe in "calm".....breathe out "stress".....breathe in "calm".....breathe out "stress".
- 7) If you lose focus of the exercise than just accept this without judgement and try to refocus.
- 8) The more you practice, the better you will become at this. Sometimes just one or two deep breaths can help us get through the moment.

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