



Counted Breathing



Counted breathing is a simple yet powerful technique that can help you reduce stress, increase focus and promote relaxation. By practicing counted breathing regularly, you can develop greater awareness and control over your breath, which can have a positive impact on your overall well-being.

Instructions

1. Find a quiet and comfortable place to sit or lie down. You can sit cross-legged on the floor, on a cushion or a chair, or lie down on a yoga mat or a bed.
2. Close your eyes and take a few deep breaths to settle in. Inhale through your nose for four seconds, hold the breath for two seconds, and exhale through your mouth for six seconds, releasing any tension or stress with each exhale.
3. You can experiment with different lengths of inhales, holds, and exhales, but make sure they feel comfortable and natural for you.
4. If your mind wanders, gently bring your attention back to the count. Don't worry if you lose count or get distracted, just start over and keep going.
5. Continue for five to ten minutes, or for as long as feels good for you.
6. When you're ready to finish, take a few more deep breaths and slowly open your eyes. Take a moment to notice how you feel, and allow yourself to enjoy the benefits of your practice.

Tips:

- You can use a timer or a guided meditation app to help you keep track of your breath and time your practice.
- If holding your breath for two seconds feels uncomfortable or challenging, you can shorten or skip the hold, and focus on the inhales and exhales instead.
- Be gentle and patient with yourself as you practice. It's normal to get distracted or feel restless, but with time and consistency, you can improve your ability to focus and relax through counted breathing.

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