

Exercise sheet

TRAINING FOR FULL BREATHING AWARENESS



Full breathing training helps you to develop several skills: the ability to concentrate and engage in what you're doing; the ability to let your thoughts come and go without getting trapped by them; the ability to refocus when you realize you've been distracted; and the ability to let your emotions be what they are without trying to control them. Even 5 minutes of training a day can make a difference over time. 10 minutes twice a day or 20 minutes once a day is even better.

Day/Date/Hour (s) I practiced _ minutes	Thoughts and emotions difficult during the exercise	Benefits and /or difficulties

 Source: © Russ Harris 2008 www.thehappinyssrap.com