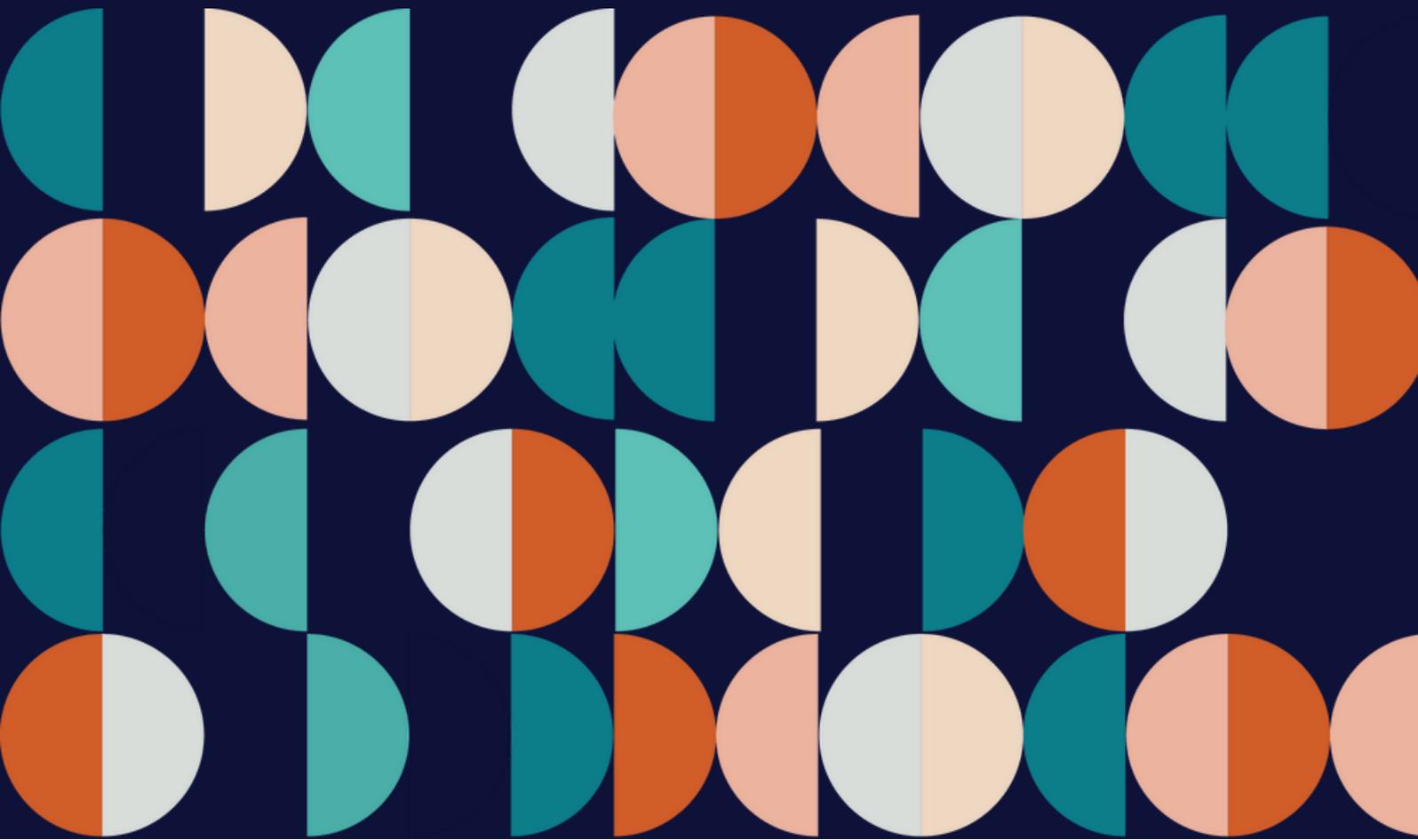




# Breathing Meditation

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*By Emma Svanberg  
at The Psychology  
Co-operative*



*We're going to start just by taking a few moments just to calm your body down.*

To remind yourself that you can calm your body down. And just to take some pauses in the day.

So let's start just by sitting here.

Not changing anything. Just being here.

And as you start to notice your body, just paying attention to any part of your body that is being supported by a surface beneath it. Just notice how that feels to be held by something.

Noticing that you can take this time just to slow things down.

Let's start to pay attention to your breath. Just noticing it. Noticing the breath coming into your body and out again.

And then in your own time, just slowing down that breath.

And a little slower if you can.

Let's just notice that breath going down into the deepest part of your belly, filling it up with air. And then out again.

Breathing all the way down to the bottom of your belly and back out again.

And let's start to do that even more mindfully. So in through your nose, all the way down to the bottom of your belly and a sigh out through an open mouth. And just carrying on with that for a few moments. In through the nose and a longer, slower sigh out through an open mouth.

And as you carry on doing that, just noticing what happens to your body as you slow down your breath

Notice what happens as you focus on your out breath, making that out breath long and loose

And as you continue with that breathing you might want to make those sighs longer and louder.

You might even want to do a big loud sigh out or groan or a moan really getting rid of tension from your body.

And just doing that one last time in your own time

And as your breath settles, you might just want to give your head a roll around on your neck. Open your mouth, give your jaw a wiggle or you might even want to give your jaw bones and temples a little massage. Just getting rid of tension that you've held in your face.

And just remember that you can come back and do this anytime you need to. Bye for now.

Access the audio version at  
[thepsychologycooperative.com/resources](https://thepsychologycooperative.com/resources)