



## EXERCISE: Observing Your Breath

1. For a couple of minutes, simply observe your breath.
2. Pay attention to the inhale. How deeply does it move into your body?
3. Now, observe the exhale. Is it complete or partial?
4. See if you can notice the point at which your breath moves from the inhale to the exhale.
5. As you follow the inhale and exhale, notice where you feel the breath—your nose, chest, or belly. Once you've practiced this for a few minutes, continue with the next section.
6. Choose one place in your body where you notice the breath and focus your awareness there.
7. Now anchor your awareness in this place and simply be with the movement and the sensations you feel there. Keep this very simple. If your mind wanders, simply bring your awareness back to your body and your breath.

How was this practice for you?

Were you able to notice the point where your inhalation and exhalation met? What did that point feel like?

Was it easy or challenging for you to stay focused, observing and feeling your breath? What made it easy or challenging? When you noticed your mind wandering, were you able to return your awareness to your breath? Did any sensations accompany that return?

If your mind did wander, how was it to return your awareness to your breath? Was this way pleasant, unpleasant, or neutral?

Read more in 'The Body Awareness Workbook for Trauma' by Dr Julie Brown Yau