

Mindfulness Breathing Exercise & Positive thinking

Objective is to center your body, reboot for a moment, and bring up serotonin levels in your brain to balance out neurotransmitter functions, alleviating/minimizing stress hormones such as cortisol or fight/flight/freeze that trigger neurotransmitters such as norepinephrine or adrenaline.

Do this exercise at least
three times a day.



1. Take a slow, deep breath paying attention to your chest rising and falling.
2. Take another slow, deep breath, this time stretching your limbs and paying attention to the feel of your body to loosen tension.
3. Take one more deep breath moving into final body loosening.
4. Then, look around you purposefully noticing your environment.
5. Begin to ask yourself "What is going right today?" Note to self whatever you feel is good right now such as being able to walk, car started, body is functioning, etc. Name whatever you want that is going well in your day so far.
6. One last deep breath to signal to your brain and body everything is okay. Feel free to go about the rest of your day until your next mindful breathing time-out.