

Breathing script sample

1. *First sit upright in your chair in as comfortable a position as possible with your legs and arms uncrossed. I am going to ask you to breathe in to the count of 4 and out to the count of 8.*
2. *Please take a very deep breath through your nose to the count of 4 [slowly count to 4, and then pause briefly].*
3. *And a long, slow breath out through your mouth to the count of 8 [count to 8].*

Presentation Note: Repeat the breathing instructions two more times, prompting a total of three deep breaths.

4. *If you haven't already done so, and are comfortable doing so now, close your eyes. Otherwise just direct your gaze downward.*
5. *Now direct your attention to three things you are noticing right now that you are sensing inside of your body, such as the physical sensation of the chair supporting you, or the solidness of the floor underneath your feet. Bring all of your awareness to these sensations [pause for a few seconds, giving participants a chance to attend to these internal sensations]. If another thought comes to you, acknowledge it and then direct your attention back to internal sensations.*

Presentation Note: Repeat the breathing instructions (steps 2 and 3 above), prompting a total of three more deep breaths.

6. Now direct your attention to three things outside of your body that you sense in this room. These might be [list sensations you are recognizing in the immediate environment]. Bring all of your awareness to these sensations [pause for a few seconds, giving participants a chance to attend to these external stimuli]. If another thought comes to you, acknowledge it and then direct your attention back to external stimuli.

Presentation Note: Repeat the breathing instructions (steps 2 and 3 above), prompting a total of three more deep breaths.

7. Now direct your attention to three things occurring right now outside of your body and outside of this room. These might be [list sensations you are recognizing in the immediate environment]. Bring all of your awareness to these

sensations [pause for a few seconds, giving participants a chance to attend to these sensations].

Presentation Note: Repeat the breathing instructions (steps 2 and 3 above), prompting a total of three more deep breaths. Then debrief the activity.