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| *Table 1* |
| **Instructions for 30-minute Mindful Breathing** |

**Step 1 (7.5 minutes): Identifying the in-breath and out-breath**

Make yourself comfortable. Relax your body. Close your eyes gently. Take two deep breaths slowly. Then, breathe naturally. Notice the flow of air through your nose. Rest your attention gently on the breath. Breathing in, you know you are breathing in. Breathing out, you know you are breathing out. In-out, in-out, in-out. If you are distracted by any sounds, body sensations, thoughts or feelings, gently come back to your breath. Be aware of your in-breath and out-breath for the next few minutes.

**Step 2 (7.5 minutes): Following the entire length of the breath**

Continue to relax your body with your eyes closed. Continue to pay attention to your breath. Follow the entire length of your breath. Follow the beginning, the middle and the end of your in-breath, and the beginning, middle and the end of your out-breath. If you are breathing in a long breath, you know you are breathing in a long breath. If you are breathing in a short breath, you know you are breathing in a short breath. If you are breathing out a long breath, you know you are breathing out a long breath. If you are breathing out a short breath, you know you are breathing out a short breath. Do not force yourself to take a long or short breath. Just breathe naturally. Be aware of the entire length of the breath. In-in-in, out-out-out, in-in-in, out-out-out. If you are distracted by any sounds, body sensations, thoughts or feelings, gently come back to your breath. Follow the entire length of your breath for the next few minutes.

**Step 3 (7.5 minutes): Bringing the mind back to the body**

As you follow the entire length of your breath, bring your mind back to your body. Instead of thinking about the past or future, bring your mind back to now. Bring your mind and body together as one. As you breathe in, feel your whole body moving with your breathing in. As you breathe out, feel your whole body moving with your breathing out. Breathing in, you are aware of your whole body as you are breathing in. Breathing out, you are aware of your whole body as you are breathing out. Feel the different parts of your body as you breathe in and out. Then, feel the body as a whole, fully united with your mind. Feel the wholeness of yourself with each breath for the next few minutes.

**Step 4 (7.5 minutes): Relaxing the body**

Once your breathing is harmonious, your body will relax naturally. Feel whether there is any tension in your body. Breathe and relax the tension one by one, from the top to the bottom. Relax your head, face, neck, arms, forearms, hands, chest, abdomen, legs, and feet. Then relax your whole body all at once. Breathing in, you calm your body when you are breathing in. Breathing out, you smile. Again, breathing in, you calm your body when you are breathing in. Breathing out, you smile. In-out-calm-smile, in-out-calm-smile, in-out-calm-smile. Feel your breath flowing through your body and calming your body. Feel your breath leaving your body and smile. Continue to relax your whole body for the next few minutes