



Counted Breath

Three times during the day - pause - and do three cycles of the counted breath

This will help to slow you down so you can be more present in the actual present moment

It is also an excellent tool to use in times of anxiety or stress

The more you engage in the process, the more effective it will be. Try to set it up as a daily routine

Routine

Do three cycles of the counted breath three times a day:

Morning

Midday

Evening

Counted Breath

- Inhale through the nose for a count of 3
- Hold for a count of 3
- Exhale through the mouth for a count of 3
- Hold for a count of 3

This is one cycle

Guided meditations and a daily psychological workout routine are available from my website:

<https://lizmccaughey.com/daily-mind-matters/>

Liz McCaughey

Psychotherapist

+852 6270 9109

liz@amindset.hk

www.lizmccaughey.com