

Distress Tolerance Handout #2: Observing your breath Worksheet

Deep Breathing with Body Scan:

- Sit with your legs uncrossed, good posture, and put your hands on your thighs.
- Bring the focus on your breath
- Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit). Notice this feeling, the objective is not to get relaxed rather shift your focus towards your body.
- Now focus on your head, shoulders, face, stomach. Thighs, and legs. Feel every inch of the sensation that goes through your body.
- Keep moving slowly and keep your focus intact.
- Now stretch your muscles one by one starting from your fingers to toes, every finger while keeping the focus on the feelings.
- Slowly and gradually practice this for 3-4 minutes.
- Now open your eyes gradually.

Exercise:

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important, running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed. It doesn't really matter what kind of exercise you do, so long as you do it regularly.

Walk in the Garden:

Simple exercises like observing your breath while walking, doing any house chores will help you to get relaxed and be mindful of your surroundings.