

The Art of Centering

Mindfulness Breathing:

1. Assume a comfortable sitting position. The spine is in proper alignment and the abdomen is soft. Breathe through the nostrils.
2. Focus the mind on the nostrils becoming aware of the rhythm of the breath. Notice the sensations of the inhale and the exhale.
3. As you become aware of thoughts in the mind, release the thoughts and return your attention to the breath. This is done without judgment of yourself or your thoughts. Continue to return attention to the breath as frequently as necessary.

Relaxation Response:

1. Assume a comfortable sitting position and begin Mindfulness Breathing.
2. Select a word that conveys a sense of peacefulness, and silently repeat the word in your mind with each exhale.
3. If thoughts distract you from your word, release the thoughts when you become aware of them, and return your attention to your breath and your word.

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