

# Just Breathe

Have a Nice Day

LEARN THESE SIMPLE  
EXERCISES TO RELAX  
ALONG YOUR DAY, BE  
CENTERED AND GRATEFUL







SIT QUIETLY, CLOSE YOUR EYES, AND  
SLOWLY COUNT DOWN FROM 10 TO 1.  
WHEN YOU'RE DONE, IMAGINE A CALM  
SCENE WHERE YOU'LL FEEL RELAXED AND  
SAFE.

STAY IN THAT POSITION FOR 5 MINUTES  
AND THEN SLOWLY COUNT FROM 1 TO 5  
AND OPEN YOUR EYES FEELING PEACEFUL.  
TRY TO KEEP THAT FEELING THROUGHOUT  
YOUR DAY.





SIT WITHOUT DISTRACTIONS IN FRONT OF A TABLE WITH A GOOD HEIGHT, WHICH ALLOWS YOU TO SUPPORT YOUR ELBOWS. AFTERWARD, JOIN YOUR HANDS IN THE SHAPE OF AN X , CAREFULLY COVER YOUR EYES, AND ACCOMMODATE YOUR HANDS UNTIL NO LIGHT ENTERS. CLOSE YOUR EYES AND ACCORDING TO THE TIME YOU HAVE AVAILABLE, COUNT TO 20-30 OR 50.

CONCENTRATE ON ELIMINATING ALL THE SENSATIONS OF LIGHT THAT YOU HAD IN YOUR EYES, AND TRY TO SEE A BLACK BACKGROUND. IF YOU HAVE ANY PAIN, YOU CAN FOCUS YOUR ATTENTION ON ITS LOCATION AND IMAGINE IT COMING OUT OF YOUR BODY IN THE FORM OF LIGHT. OPEN YOUR EYES WHEN YOU FEEL READY.







IF YOU ARE IN A PLACE WHERE YOU CAN NOT BE ALONE AND CLOSE YOUR EYES FOR A FEW MINUTES, TRY TO GO OUTSIDE OR FIND A WINDOW. FOCUS FOR A FEW MINUTES (THE ONES YOU HAVE AVAILABLE) ON EVERYTHING AROUND YOU AND FIND THE BEAUTY AND ABUNDANCE IN EVERYTHING YOU SEE. PAY ATTENTION TO THE LEAVES OF THE TREES, THE MOVEMENT THEY HAVE WITH THE WIND, THE GRASS, AND THE FLOWERS, ADMIRE THEIR BEAUTY, AND FEEL PART OF THAT NATURE. FEEL PART OF A WHOLE THAT IS ABUNDANT AND BEAUTIFUL. IF YOU DON'T HAVE NATURE AVAILABLE, FOCUS ON THE SOUNDS THAT ARE THERE AND USE THEM TO PAY ATTENTION TO YOUR THOUGHTS AND LET THEM PASS WITHOUT JUDGMENT, LOOKING AT A FIXED POINT. YOU CAN ALSO FOCUS ON YOUR BREATHING, AND REALIZE HOW AS YOU TAKE A DEEP BREATH, YOUR HEARTBEAT SLOWS DOWN AND YOU FIND CALM LITTLE BY LITTLE.