



# Mindful Breathing

- \* Find a Quiet Spot
  - \* Sit Comfortably—Back Upright, Hands on Lap
- \* Close Your Eyes
  - \* Focus on Breath
- \* Feel the Breath Going In & Out
  - \* Notice Thoughts that Arise, Gently Return to the Breath



**BBSS Student Wellbeing**

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