



Ocean Breaths



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Imagine waves washing up on a beach as you take deep breaths.

Follow these steps:

1. Breathe in and imagine your breath pulling a wave to shore.
2. Breathe out and imagine your breath pushing the water back out to sea.
3. Continue the deep breathing, noticing how the sound and feel of your breath are like ocean waves.



WHY TO TRY:

Deep breathing brings oxygen throughout your body, relaxing your muscles and steadying your heartbeat. Focusing on your breath is a healthy mindfulness practice that helps you connect to the present moment.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

