

Mindful breathing practice enables you to develop several skills: the ability to focus, and engage in what you are doing; the ability to let thoughts come and go without getting caught up in them; the ability to refocus when you realize you are distracted; and the ability to let your feelings be as they are without trying to control them. Even 5 minutes practice a day can make a difference over time. 10 minutes twice a day or 20 minutes once a day is even better.

Mindful Breathing Practice Form			
Day/Date/Time(s) How long I practiced for (minutes)	Difficult thoughts and feelings that showed up	Used 'Mindfulness Skills: Vol 1 CD' yes/ no	Benefits and/or difficulties