

1. Prepare

Tidy space around you.

Yoga may help settle and relax your mind and body

Try to breathe through your nose.

You cannot shut out noise, but in time you may not be so bothered.

2. Sit like a mountain

Get into a comfortable and solid position. On a chair. Or sit or kneel on the floor on a folded pillow or blanket.

Feel the solid ground beneath you.

Try to have your back straight.

Tilt your head. Eyes softly gazing downwards.

Palms facing up. Left hand on top. Thumbs touching to create a circle.

You are ready for something precious.



3. Focus on your breath

Feel yourself breathing.

Stay with it.

Let go of expectation.

Breathe naturally. Just observe.

4. The practice

Start for a minute, then build this up to 25.

It requires patience and persistence.

If troubling thoughts flood in, be aware of the solid ground. Expand your vision to the space you are in.

If it overwhelms you, wait until you feel more stable.

Tips

- Breathe steadily - observe your breath without judgement
- Start by counting your breaths. In 1 and out 2. When this becomes too distracting, focus on just the feeling of breathing.
- When you are distracted be kind to yourself. Do not worry. Return to your breath.
- Write in confidence to one of our friendly letter writers for guidance.

Cautions

- Check with your mental health team if this is appropriate for you, especially if you have PTSD, depression or are experiencing flashbacks.
- Do not practise under the influence of alcohol or drugs.