

Name _____

What is Mindful Breathing, and How Can I Do It?

Multiple Choice Questions

1. What is mindful breathing?
 - a) Holding your breath for as long as possible
 - b) Paying close attention to your breath in a non-judgmental way
 - c) Breathing rapidly and shallowly
 - d) Thinking about your breath

2. How did mindful breathing help Alex, the artist?
 - a) It made him more anxious about his artwork.
 - b) It helped him find inspiration and unleash his creativity.
 - c) It made him focus on his past mistakes.
 - d) It had no impact on his art.

3. What should you do if your mind starts to wander during mindful breathing?
 - a) Criticize yourself for losing focus
 - b) Bring your attention back to your breath gently
 - c) Stop practicing mindful breathing
 - d) Count your thoughts instead of your breath

4. Which of the following is NOT a benefit of mindful breathing?
 - a) Reduced stress
 - b) Enhanced clarity
 - c) Improved memory
 - d) Better sleep

5. What is the purpose of counting your breaths during mindful breathing?
 - a) To make the practice more boring
 - b) To criticize yourself for not counting correctly
 - c) To help maintain focus and concentration
 - d) To make the practice more difficult

