

Name _____

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

Open-Ended Response Questions

1. Share a personal experience when you felt stressed or anxious. Explain how practicing mindful breathing might have helped you manage those feelings and bring more calmness into the situation.
2. Imagine you have a big decision to make. Describe how practicing mindful breathing could assist you in achieving mental clarity and making the decision with a clear mind.
3. Why is non-judgment an essential aspect of mindful breathing? How can practicing non-judgment benefit your overall well-being?
4. Create a daily schedule that includes a mindful breathing practice. Explain when and where you would incorporate mindful breathing into your day and how it could positively impact your daily life.

