



Begin Again
Resiliency Journal No. 4



Divas breathe

Generous people breathe deep but real divas let it go. Think Pavarotti.



PROCESS

Focus on your breathe...for two minutes each day.

Take the first minute to just notice. Don't change anything. No judgment...just be with it. Place your attention equally on the inhale and the exhale.

- *Where is your breath centered?*

- *In your chest?*

- *In your abdomen?*

- *Is it full or shallow?*





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For the second minute, place your attention on the exhale.

Do you trust your body to release tension & stress? Repeat the exercise from the first minute but this time place awareness on your exhale.

Imagine seeing your stress disperse ... as much as it can. Don't demand complete discharge; begin with small steps. Take the attitude that your body will let go of as much stored disturbances as it is able.





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Over the course of the week what do you notice? Do this each day. Set a timer on your phone at a convenient mid-point of your day to remember by using some other action-metric to remind you such as before a meal, or a coffee break.

15 horizontal light blue bars for journaling.





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1. How aware are you of your breath throughout your day?

When do you hold it? Flow with it? Force it? Forget about it?

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2. *How comfortable are you breathing deeply? Do you breathe deeply at any point in your day? When you breathe deeply what do you notice?*

Blank lined area for writing answers to the question.





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3. When you exhale do you truly exhale all of the air out of your system? Does your breath stay caught in your body? Do you exhale deep from the abdomen? Just notice.

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4. How comfortable are you with letting go? Of your breath? Your frustrations? Your sorrows? Your regrets? What would you like to claim for that new space?





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5. *Take a breath right now and really let it go, with sounds and sighs... all of it. Take another. Take one more. What do you notice?*

15 horizontal light blue lines for writing.

