

# EMBRACE MINDFULNESS FOR A BALANCED LIFE

Mindfulness is the practice of being fully present and engaged in the current moment, aware of your thoughts, feelings, and sensations without judgement. It's about observing your experiences as they are, rather than how you think they should be. This practice has been shown to have numerous benefits, including reducing stress, enhancing emotional regulation, improving focus, and promoting overall wellbeing.

Breathing is a cornerstone of mindfulness practice. Different breathing techniques can help you manage stress, calm your mind, and boost energy levels, and we recommend trying this exercise next time you feel you need to check in with yourself.

## 4-7-8 BREATHING TECHNIQUE

- 1** Sit or lie down in a comfortable position.
- 2** Close your eyes and take a deep breath in through your nose for a count of 4.
- 3** Hold your breath for a count of 7.
- 4** Exhale slowly through your mouth for a count of 8.
- 5** Repeat this cycle 4 to 8 times.

The 4-7-8 breathing technique helps to slow down your heart rate, lower blood pressure, and create a sense of calm. It's particularly useful in situations where you feel overwhelmed or anxious.



Check out our [Mindfulness Blog](#) for more information and to listen to a series of [Breathing Meditation Audios](#) we've created in partnership with ['The Breathing Coach', David Pemberton.](#)

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