



BUBBLE BREATHING GUIDE

Sleep is something we can all struggle with from time-to-time.

If your mind is noisy with lots of thoughts, you might want to try bubble breathing to help you sleep faster, by blowing those thoughts away.

First, try to lie down comfortably on your back or your side. Take notice of how your body feels; Close your eyes and imagine bubbles of thought floating in your mind.

Start to take notice of your breath, and how your chest rises and falls as you breathe in and out. When you are ready, try taking a slow deep breath in through your nose counting 1-2-3-4.

Hold that breath for 1-2-3-4 seconds. Then breathe out through your mouth, feeling your chest fall, for 1-2-3-4 seconds.

As you breathe out, imagine your thoughts flying out of your mind as you blow the bubbles away.

Continue with slow, deep breaths until your mind feels calm and quiet and your body begins to feel tired and heavy.





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