Mini Meditation #3: "Grounding Breath"



Image by syarifahbrit on Freepik

1

Inhale to a count of 4

Breathe in slowly: 1... 2... 3... 4. Fill your lungs steadily and completely without straining.

2

Hold briefly at the top

Pause for just a moment with full lungs. Notice the stillness. This doesn't need to be long or uncomfortable.

3

Exhale to a count of 6

Release the breath slowly: 1... 2... 3... 4... 5... 6. The longer exhale activates your body's calming response.

4

Repeat for 5 rounds

Continue this pattern five complete times. That's about two minutes of breathing practice — enough to shift your state.

5

Notice any shift in tension

After five rounds, pause and check in. Do your shoulders feel different? Your jaw? Your overall sense of calm?

The longer exhale (6 counts vs. 4) signals safety to your nervous system, helping activate the parasympathetic "rest and digest" response.

IDAHO Community Care Program

Case Management - Advocacy - Respite - Education

Providing statewide information, support, and education to caregivers, family, and other loved ones taking care of an individual with memory concerns, dementia, or Alzheimer's.

www.a3ssa.com/community-care-program