



# Mindful Breathing



Mindful breathing is a simple yet powerful focusing practice. Mindful breathing brings attention to our breath's natural rhythm and flow and how it feels on each inhale and exhale. This practice fosters focus and cultivates calm. Breathing with intention can anchor us when our environment becomes chaotic and stress builds. In this toolbox talk, we will demonstrate how 30 seconds of deep breathing can transform a racing and distracted mind into a diligent and focused one.

## Talking Points

Practice 30 seconds. of mindful breathing:

- Sit or Stand Comfortably
- Close your eyes
- Follow the breath through full cycles of inhalation and exhalation

After practice, ask:

How do you feel now compared to before?

What was challenging about the exercise?

Would you use this technique in the field?

## Your Toolbox



Mindful Breathing Tool Box Talk



Breathing Meditation: A Great Way to Relieve Stress



The Mindful Builder: Nurturing Mental Health in the Construction Industry

## Reliable Resources



CDC: 8 Ways to improve your emotional well-being



Greater Good Science Center: Practice Deep Breathing Video