

Quick Spiritual Health Exercises

Practice Mindful Breathing

Breathing exercises help calm the mind, reduce stress, and restore focus. By intentionally guiding your breath, you can create a sense of balance in both your body and mind.

Get Comfortable

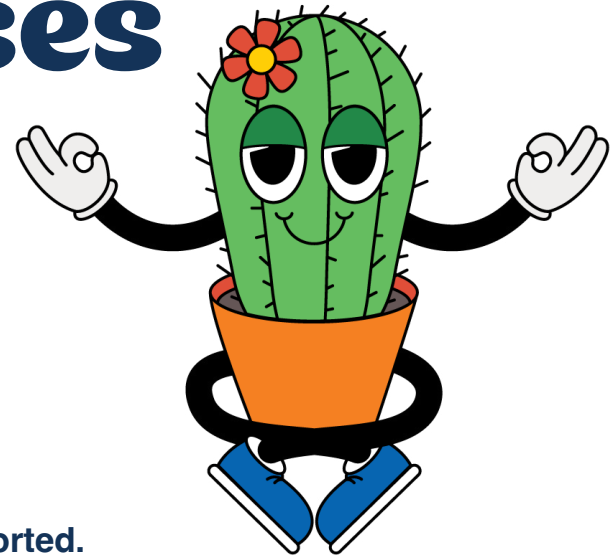
Settle into a position where your body feels fully supported. Relax your shoulders and release any tension.

Bring Awareness to Your Breathing

Notice your natural breathing pattern. There is nothing to change yet, just observe.

Follow a 5-Step Breathing Cycle

- **Inhale slowly through your nose:** Draw in a deep, steady breath. Feel your lungs expand and your body begin to relax.
- **Exhale gently through your mouth:** Release the breath slowly. Let go of tension with each exhale.
- **Inhale slowly through your nose:** Take another calm, controlled breath, grounding yourself in the present moment.
- **Exhale fully through your mouth:** Allow your shoulders to soften. Let your thoughts quiet.
- **Take a full breath:** Inhale deeply and exhale slowly. Continue this rhythm until you feel centered and balanced.



Adapted from Headspace:

Breathing Exercises to Reduce Stress



Office of Talent, Culture,
and Engagement

uta.edu/wellness