JOURNAL OBSERVATIONS: BREATHING

Observe your breathing for the next day or two. Check in with your body periodically and ask yourself, *How am I breathing?*

Notice if you have stopped breathing or if your breathing has become shallow or irregular.

What was happening when you became aware of your breath? Were you thinking about a test? Were you feeling anxious?

Record your observations here.

As you record your observations, breathe deeply down to your belly.