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Mindful Breathing and Reflection

Experiment 3 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To practise brief attention to comfortable natural breathing.

Principle

Attention can be gently redirected to a present sensation such as normal breathing. The aim is to notice distraction and return attention without judging success by a completely empty mind.

Requirements

- Comfortable seated position, quiet space and a three-minute timer.
- Optional eyes-open alternative focusing on feet or ambient sounds.

Procedure

1. Settle

Sit comfortably with supported feet. Keep eyes open or softly lowered according to comfort.

2. Notice

Observe the natural breath without deliberately forcing a deep breath or changing its rate.

3. Attend

Notice one comfortable sensation, such as air movement at the nose or gentle chest movement.

4. Return

When attention wanders, acknowledge that briefly and return to the chosen sensation without criticism.

5. Finish

After about three minutes, notice the room and return to normal activity slowly.

6. Reflect

Write one observation about attention or comfort. If breathing focus feels unpleasant, use an external grounding sensation instead.

Mental Well-Being Stress and Conflict Management

Observations and Record

Record	Entry
Duration / chosen attention point	_____
Distraction noticed / response	_____
Comfort / alternative used	_____
Personal reflection	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- Noticing “I was planning tomorrow, then returned to the breath” is a valid observation. Distraction is part of the exercise, not evidence of failure.

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others' information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.
- Do not practise breath holding, hyperventilation or rigid counted breathing in this activity.

Viva Questions and Answers

1. Must the mind be blank?

No. The practice includes noticing and returning from distraction.

2. Why avoid forced breathing?

Comfortable natural breathing is the purpose of this exercise.

3. What is a suitable alternative?

Notice feet on the floor or neutral sounds with eyes open.

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