M.O.R.E
Mind OveR Epilepsy

PRACTICE OF THE MONTH

BREATHWORK

A gentle place to begin

Breathing exercises are simple, accessible and require no equipment. This five-minute practice uses a slightly longer exhale to help you pause and return your attention to the present moment.

5 MINUTES • SEATED • BEGINNER FRIENDLY

How to practice

1. Sit comfortably and allow a moment or two for your body to settle.
2. Close your eyes if that feels comfortable, or soften your gaze.
3. Inhale gently through your nose for about four seconds, counting slowly: 1, 2, 3, 4.
4. Pause briefly, then exhale slowly through your nose for about six seconds, counting: 1, 2, 3, 4, 5, 6.
5. Continue this steady cycle for up to five minutes. Return to your natural breath at any time.

WHEN YOU ARE READY

As this practice becomes familiar, you may extend the brief pause between the inhale and exhale - only if it continues to feel comfortable.

Mindfulness can complement your care, but it does not replace medical treatment.
Always follow the guidance of your healthcare team.