

Adopt a new mindfulness practice




DRAWING YOUR BREATH




This week's Nook activity is here! Pick up a printed copy outside of the OHP or swipe through our IG/FB story to learn more!

MINDFULNESS CAN SOMETIMES BE A DAUNTING WORD, ESPECIALLY DURING MIDTERMS. BUT, DID YOU KNOW THAT MINDFULNESS CAN BE AS SIMPLE AS DRAWING YOUR BREATH?



Engaging with your breath can anchor you in the present moment and focus on your body cues. These practices are crucial parts of distress tolerance and anxiety management.



Drawing your breath is an accessible and quick mindfulness activity that can be repeated as needed. Slowly making marks with your writing tool while paying attention on the breath and thoughts (without judgment) is extremely helpful to relax and destress.

SO WHAT ARE YOU WAITING FOR? PICK UP A PAPER, PEN, AND AN ACTIVITY GUIDE AND GET STARTED!

References

- Brones, A. (2020, July 06). Draw Your Breath. Retrieved January 26, 2021, from <https://annabrones.com/2020/07/06/draw-your-breath/>
- Hauk, C. (2020, May 20). Drawing the Breath Meditation: A Simple Mindful Art Activity to Destress. Retrieved January 26, 2021, from <https://mindfulcreativemuse.com/blog/2020/5/18/drawing-the-breath-meditation-to-destress>
- Mehlomakulu, C. (2020). The balanced mind: A mental health journal: Creative prompts and effective practices. Emeryville, CA: Rockridge Press.

Drawing Your Breath

A Step-by-Step Guide

1

Grab a pen or pencil and place it on your paper. Close your eyes. Bring your attention to your breath. Allow the breath to dictate where you draw. Try different line styles to mimic different breath patterns.

2

Open your eyes, look at your paper, notice the patterns.

3

Close your eyes again. Before you let the pen or pencil do anything, take a couple of deep breaths. Keep with this deep breathing and bring your pen or pencil to the paper, allowing the breath to guide the stroke. Draw for as long as you need to.

4

Open your eyes, look at your paper, notice.

5

Breathe!

