

FOCUS ON THE PRESENT

Breathe deep and count to four

Materials: Worksheets

Directions: Read the worksheet, complete the activity and discuss.
This activity can be completed as a group or individually.

Life is full of twists and turns that often get us stuck in the past.

Sometimes, we struggle with how to live in the present moment. When we experience grief, we can feel uncertainty and stress over our loved one's death. It's beneficial to learn how to relax and release stress in healthy ways.

This activity will help us let go of thoughts and actions that create unhealthy stress, so we can focus on the present moment.

STEP ONE

First, get into a comfortable position.

Next, close your eyes, because it often helps us relax and stay focused. But remember, if it makes you feel uncomfortable, you don't have to close your eyes.



STEP TWO

Now, think about and focus on your breathing. Focus as you breathe in, and focus as you breathe out.

Take a deep breath in through your nose and slowly count: 1... 2... 3... 4...

Then, slowly exhale through your mouth as you count: 1... 2... 3... 4...

Repeat your slow, deep breathing four more times, each time counting to four. When you're finished, open your eyes.



Discussion questions

- ▶ How do you feel now as compared to how you felt before the breathing activity?
- ▶ When are times you can practice breathing and relaxing to help you focus?

