

# Heart-Focused Breathing

(Based on HearthMath)

## *Step 1*

Bring your attention to the area of your heart (I like to close my eyes and actually put my hand on my heart).

## *Step 2*

Gently slow your breathing (not forcing, just gently) and imagine you are breathing in and out in the area of your heart.

## *Step 3*

Activate a healing emotion; think of someone you love, a time where you felt compassion, or something you are grateful for. Focus on “feeling” the emotion.

*Continue for ~3 minutes, gently open your eyes and enjoy your day!*