

Mindful Breathing with Bubbles

Taking a moment to focus on your breath can help reduce anxiety and improve your mindset. One great way to practice mindful breathing and slowing down your breath is through blowing bubbles.

Try this exercise!

- Be present as you dip the wand into the bubbles.
- Close your eyes as you take a slow, deep breath in.
- Open your eyes and exhale slowly. Try to make the biggest bubble.
- Repeat as many times as you need.

You can even do this without bubbles. Breathe in for a count of four, and out for a count of six, imagining the bubble growing. Taking mindful moments throughout your day is a great way to stay mentally healthy.

