

Counting Breaths :-) 123456

This meditation can be done any time, anywhere. It is very good for releasing stress.

It can be done any time you feel tense, stressed or in need of a boost of self-confidence. It is very good to practice this on your way to an exam or interview.

No one need know you are meditating as you can keep your eyes open and concentrate on a point or object a couple of metres away.

Ready..?

Make yourself comfortable and concentrate on your breathing. As you breathe in say to yourself 'in' two, three 'hold', (hold your breath) two, three 'out', two, three, four, five, six. Repeat this several times or until you start to feel calm and more in control of the situation in which you have found yourself You can do this sitting quietly, in a car, on a bus or train, or walking along the street, and while waiting outside the exam room!.

Activity adapted from Teens, You Have The Power! By Jude Ashworth, available to [buy online at www.achieveandbe.com](http://www.achieveandbe.com)



Teens, You Have The Power!

an empowerment tool for teens,

By Jude Ashworth