

Daily Breathing Practice Log PTSD Worksheet

Name:

Date:

Physician's Name:

Breathing Practice

Instructions:

Sit up straight and take a slow, easy breath. Read this paragraph through, then close your eyes.

Notice what you're feeling in your body and mind and let go of any tensions you're aware of. Take a few more slow, easy, deep. Expand your lungs fully, hold the air for a second or two, then exhale slowly. Notice any physical sensations or thoughts/judgments and let them go

Open your eyes.

What was like for you? How was the experience?

Establish a Daily Breathing Practice

Breathing Instructions:

Sit comfortably but with your back straight. Keep your head up and close your eyes.

Pay attention to your breathing, how it flows, how it goes in and out. Observe how spontaneous and effortless the flow is. Awaken the feeling of joy and gratitude for being alive at this moment. Focus on breathing and thinking of how good it is to be alive, nothing else.

Next, be aware of how your breath fills and expands in your lungs and moves through your whole body.

First, focus on inhaling slowly and how the life force and energy flow into your body with the air you inhale until you don't have a problem visualizing or imagining inhaling vitality and energy.

Then, focus on exhaling and releasing the tension, anxiety, sadness, and any other unpleasant emotion until the bad things are leaving you.

Use this technique whenever you feel uneasy or disturbed.

Recording Instructions:

Week of: _____

Day	Time of Day	Duration (in minutes)	Mood Before	Mood After
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				