

Drawing your Breath

For Relaxation

Practicing relaxation skills develops the ability to bring calmness and focus to your spirit, body and mind.

When you are unable to change your surroundings or circumstances, it is important to be able to regulate and nurture your inner-self. This equips you to move through anxiety, regulate your emotions and learn to tolerate distress.

Drawing your breath requires little time, no specialized art materials and no prior experience. You can use any type of drawing material such as pencils, markers, pastels or chalk and on any size of paper. Note that a larger sheet of paper gives you more space to explore deeper breaths and lines.

This exercise is all about experience, so remember that there is no right or wrong way to do this type of art. Just try to focus and do what feels right for you.



01 SUPPLIES

Any drawing material and paper.

02 TIME

As little as 3-5 minutes, or longer as you explore your breath.

03 RESULT

There is no 'wrong way' to do this exercise, just focus on what is good for you.

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Place your pencil or chosen drawing material on the paper. Take a moment to notice and observe your breathing. Visualize your breath as a line and represent it on the paper.

Spend a few minutes playing with different types of lines, pressures and shapes as you notice your breath. Try altering your breathing a bit faster or a bit slower and notice how this changes your lines on the page. Then try changing the quality of your lines and notice how this can also change your breath.

Now get a new sheet of paper. With a new sense of focus start taking slow, deep breaths for relaxation. Again, draw your lines to represent your calming breaths. You might like to pause as you inhale and then draw the exhale while leaving the pencil on the page to create a continuous line, or you may want to create new lines for each breath. Continue for a few minutes and let yourself relax into the calming sensation of breath, motion and lines.

Use the prompts in the right-hand column to help you reflect on your experience.



01 NOTICE

Was your breath shallow/deep, fast/slow, even/irregular?

02 OBSERVE

How did the lines and breath change from your initial breath lines, exploring lines and final relaxed lines?

03 REFLECT

What was your experience like? Do you want to further develop one of your drawings?