

Here is a picture of my answers to the questions.

A Day of Mindfulness

Mindful Breathing

"If you want to conquer the anxiety of life, live in the moment, live in the breath."

- Amit Ray

Yoga

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."

- Etty Hittlesum

Today, before my math test, I practiced mindful breathing to steady my nerves and focus my mind.

Before the breathing exercise, my mind was racing and worried I wouldn't do well on the test. After the breathing exercise, I felt calmer and more prepared. I had stopped thinking about all the things that could go wrong, and I just thought about taking the test.

After school today, I went to a strong yoga class at the studio up my street.

Before my yoga practice today, I was still stressed from school and thinking about all the work I had to do. After, my body felt refreshed, relaxed, and stronger. I felt I was ready to tackle any challenging homework assignment.

I don't prefer one practice over the other.

- Mindful breathing takes less time and I can do it anywhere.
- Yoga is fun and challenging.

Both of these practices could have been more effective if I was better at focusing my thoughts on breathing rather than letting them wander.

I can eliminate those barriers by...

- reducing the amount of tasks I need to complete each day
- practicing mindfulness more often!

