

Candle Breathing



Diwali can be a busy time of the year. You may have to meet up with family and friends who you haven't seen for a while or you might need to attend parties and celebrations with people you don't know. It is normal to feel tricky emotions, even at happy and exciting times. Mindfulness is a great way to help us calm down when feeling stressed, worried or upset. So let's try a mindful breathing exercise.



Close your eyes and picture a candle in your mind. Without blowing it so hard that you blow it out, slowly and gently try to blow the candle until the flame starts to flicker. Keep your breath steady, feel it move in and out. Hold this image in your mind until you start to feel yourself becoming more relaxed and calmer.