

Meditative Portrait Exercise: Use Your Breath to Frame Your Feelings

Take a couple of minutes to draw a self-portrait of how you feel in the present moment. It could be a representative portrait of your face, or a symbol to show how you feel, or an abstract expression of your emotions. Then work through these breath exercises in the frame.

Take a slow, deep, inhale, and repeat with exhale. Try to control your breathing and evenly breath through 4-8 counts.

