CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Mindful Breathing for Relaxation

Mindful breathing reduces stress, improves focus, and enhances overall relaxation. Use this checklist to integrate mindful breathing into your day.



10 steps · Print-ready A4

NAME	START	TARGET DATE

1 **Find a Quiet Spot**

Choose a calm environment free of noise and distractions. Create a space where you feel relaxed and comfortable.

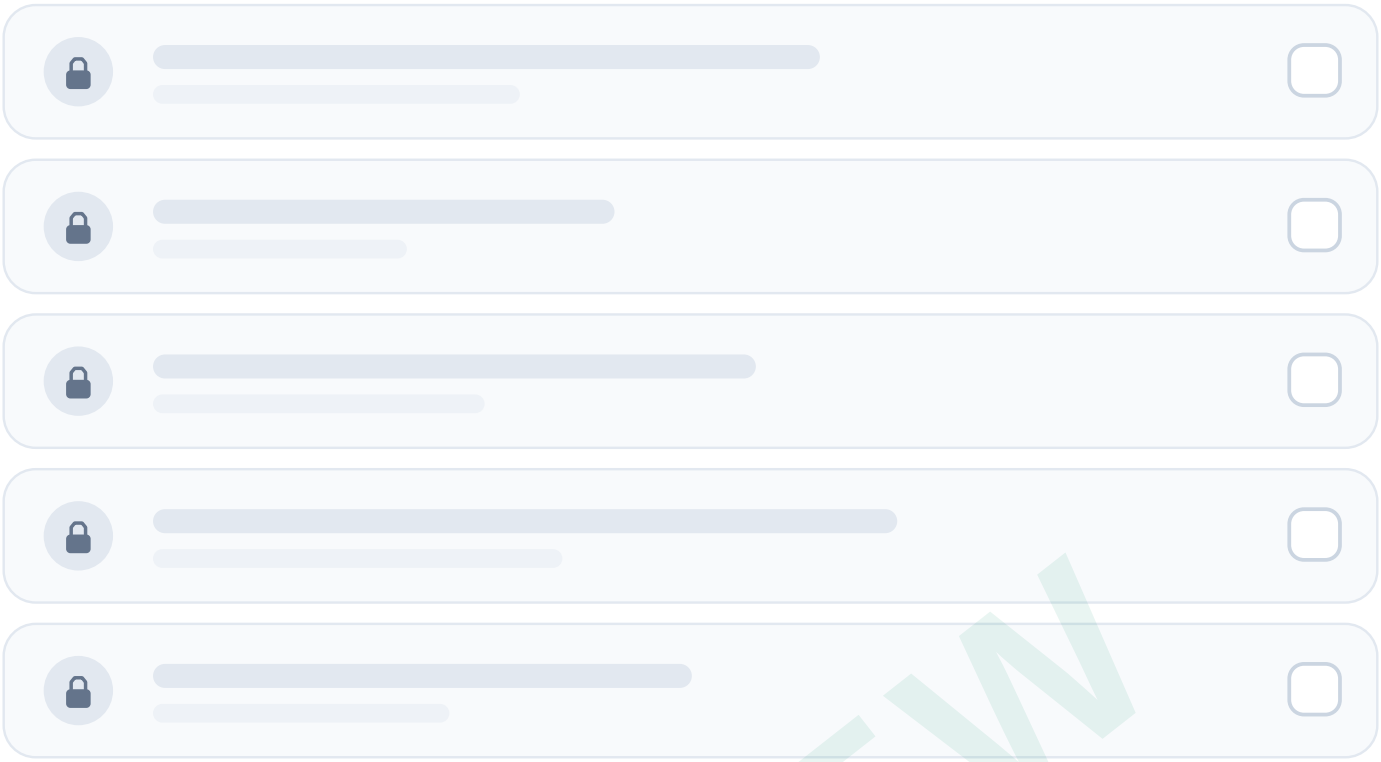
2 **Sit Comfortably**

Sit with your back straight and shoulders relaxed. Rest your hands on your lap or knees to stay grounded.

3 **Focus on Your Breath**

Pay attention to the sensation of air entering and leaving your nose. Notice the rhythm and depth of your natural breathing.

PREVIEW



Like the design?

Get the full version: every step with examples and tips, a reflection page, no watermark.

Get the full version

PREVIEW