

Grounded people make the world better for everyone. Included is a simple relaxing breathing exercise. Maybe you will enjoy trying it while listening to music or sitting outside.

1. Take a deep easy breath in and count. Maybe it's a count of 4, 5 or 6 until your lungs feel full, not straining. Now release the breath. Whatever number of seconds is comfortable for you is your "count" for this exercise. Feel free to adjust the number of seconds as you see fit.
2. Square Breathing – Using the count from #1, practice breathing in for the count, holding the breath for the count, breathing out for the count, and resting for the count. Repeat the process ten times.

## A Prayer for Serenity

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;

Enjoying one moment at a time;

Accepting hardships as the pathway to peace;

Taking this world as it is, not as I would have it;

Trusting that all things will be made right if I surrender to God's Will;

That I may be reasonably happy in this life

Amen.