

ACT Now Training Video Transcripts

3b. Patient's feedback on the mindful breathing exercise

Time	Speaker	Text
0:06	HP	Thank you for trying that. What was that like? What did you notice?
	Mary	I found it quite relaxing.
	HP	Where in your body did you notice that feeling of it being quite relaxing?
0:22	Mary	I think I felt it I was quite anxious to start with, and I think I felt my rate of breathing slow down.
	HP	So your breathing slowed down a little bit. Ok. Anything else that you were aware of? Where was your mind when we were doing that? Was it thinking about some of things we had spoken about earlier, or quite focused on anything in particular?
0:54	Mary	I think I found it easier to focus on my breathing when I was using my hands than when I was not. I think looking at my hands kept me quite focused. When I stopped, some thoughts came in.
1:09	HP	Ok, that's interesting. So that's a lovely bit of awareness there. And just a little reminder that with this exercise, sometimes we find ourselves feeling quite relaxed like you said or noticing that those thoughts are not quite as present or as difficult. But sometimes the thoughts might be there, and actually that is OK. The main aim of this exercise is not to distract ourselves, to feel relaxed. The aim is to really try and bring your awareness into your experience right here, right now. One of the easiest ways of doing that is noticing your breathing, or noticing your hands.
1:55	Mary	So I'm not trying to stop those thoughts? Is that what you are saying?
	HP	Absolutely, because I think you had shared with me before that you had tried stopping your thoughts quite a lot, and that worked for a short time while you were pushing them down, but then they just come back up. In this exercise it is little bit more like we are focusing on our experience, and the thoughts might come, and they might go. But you can keep your awareness focused on your breathing in your hands. This can be really useful just generally, as a way of taking a short pause when you really need it. It can be particularly helpful when we notice ourselves comparing ourselves to others, or worrying if there is a mirror around, those sorts of things. It is like we are widening our awareness to also bring in the hands, to notice the breath right here, right now. [02:53] So is this something that you will be able to practice? Because like any skill, it only becomes familiar once you've done it quite a few times.
3:03	Mary	Yeah, when you're taking me through it, it seems simple.
	HP	And how often do you think it might be helpful to use this technique?
	Mary	Well how often should I be using it?
3:19	HP	There's no right or wrong answer there, but in many ways, little and often can be helpful. The more you practice it, the more it will be a technique that you can really confidently use when anxiety shows up. So to begin with, if you can, I'd suggest doing it two or three time a day.
3:44	Mary	For how long?
	HP	It could just be for a few minutes. But if you have more time, perhaps experiment with doing it for longer. In a way, the more you do this, the more benefit you will get. But it's about making it realistic. And it can be useful to do it even when you feel quite calm so that you have got some practice underway for those moments that may come up in the future when that anxiety shows

		up. That will mean you will know what to do then – you have the technique there.
04:17	Mary	Ok, so practice when I'm not feeling so bad, so that I can use it better when I am feeling more anxious?
	HP	Absolutely, you can start this afternoon! Is that OK?
	Mary	Yes
	HP	Anything else you want to ask before we finish?
	Mary	No, that's it. Thank you
	HP	I look forward to hearing how you get on with this technique.