



AURORA

SPA — BATHHOUSE

# MINDSET & BREATH WORKBOOK

EPISODE #4

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 4: MINDSET & BREATH

This session explores the powerful connection between your thoughts and breath patterns, offering practical techniques to enhance both. As you work through this guide, you'll discover how conscious breathing can bring more clarity and calm to your daily life.

## Understanding Your Thought Patterns

Consider your thoughts as trains passing through a station. Each represents a different path you might choose to follow. Some lead to clarity and peace, others to worry or tension. Let's explore your current patterns.

### 01 Observing Your Current Thoughts

Take a moment to reflect on the types of thoughts you have throughout the day. Are you often jumping on the "train" of worry, regret, anger, or frustration? Or do you engage with thoughts that serve your wellbeing?

What types of trains do you find yourself on most frequently?  
(Write down any patterns you notice).

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How do these thought patterns influence your:

Energy levels:

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Mood:

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Daily perspective:

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### 02 Cultivating Supportive Thought Patterns

To move closer to the best version of yourself, consider the trains that align with your desired mindset and emotions. What are some thoughts or mental habits you want to "board" more often? (Examples: clarity, presence, optimism)

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What action or mindset shift can you take to encourage these positive trains?

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### Practical Strategies

Drawing from today's session, consider how you might integrate these proven strategies:

#### Embracing Lightness

- How could you bring more playful moments into your day?

#### Creating Mental Space

- When will you schedule time to simply be, away from constant thinking?

#### Practicing Forgiveness

- Are there any grudges or self-judgments that you're ready to release?

#### Cultivating Self-Compassion

- How might you extend more understanding to yourself?

#### Finding Joy in Others

- How will you celebrate the success and happiness of those around you?

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Breathing is a fundamental tool to manage stress and cultivate mindfulness. Use the following steps to deepen your breathing practice and integrate it into your daily life.

### 01

#### Understanding Your Breath

Before practicing new techniques, observe your natural breathing patterns:

Current Awareness

- Where do you primarily feel your breath? (chest/belly/both)

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- How would you describe your breath when you're stressed or anxious?  
(fast, shallow, tight)
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### 02

#### Diaphragmatic Breathing Practice

Place one hand on your belly, one on your chest. Take exaggerated, deep breaths to feel the difference in your breath patterns.

- On a scale from 1 to 10, how deeply do you feel your breath when you inhale?  
(1 = shallow, 10 = deep)

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- On a scale from 1 to 10, how deeply do you feel your breath when you exhale?  
(1 = shallow, 10 = deep)
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Practice the 4-6 breath pattern:

- Inhale for 4 counts
- Exhale for 6 counts

Maintain this rhythm for 3-5 minutes, noting any shifts in your state.

03

### Creating Your Breathing Practice

To make breathing a regular part of your wellness routine, try setting aside specific times to practice.

#### • Daily Practice Times:

Morning:

Lunch:

Evening:

#### • Implementation Strategy:

How will you remind yourself to practice (set an alarm, keep a reminder in your planner, etc.)?

04

### Breathing for Stress Relief

In moments of stress, practice using your breath as a tool to regain calm. If you're experiencing tension or anxiety, pause and take 5 deep breaths using the 4-6 pattern.

In what situations could you use your breath to regain calmness?

#### • Professional e.g. before a big presentation:

#### • Personal e.g. getting stuck in traffic:

#### • Social e.g. toddler having a public tantrum:

### Final Reflection

Take a moment to consider:

- Which trains of thought do you want to let go of?
- How can you make conscious breathing a regular part of your day?

## CONTINUE YOUR JOURNEY

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This workbook is part of Beyond the Bathhouse, a wellness series brought to you by Aurora Spa & Bathhouse. Each session builds upon the last, offering practical ways to enhance your daily wellbeing practices.

Watch all episodes on our YouTube channel or listen via Apple Podcasts — search 'Beyond the Bathhouse' on Apple Podcasts and @AuroraSpaBathhouse on YouTube

## YOUR COASTAL SANCTUARY

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At Aurora Spa & Bathhouse Sorrento, we've pioneered urban wellness for over two decades, weaving time-tested practices with the restorative power of our coastal setting. In our subterranean bathhouse and treatment spaces, expert guidance meets tranquil sophistication, creating moments where time slows and restoration flows.

## BOOK YOUR VISIT AT [AURORASPA.COM.AU](https://auroraspa.com.au) OR CALL (03) 5935 1222

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