

## The 3- Minute Breathing Space

Use this when you are troubled by thoughts or feelings or at any time that suits.

### 1. AWARENESS

Notice the present moment. Think about: what is happening in your thoughts, feelings, and body sensations?

Describe to yourself what is happening, for example, “anger”, “self-criticism” etc.

### 2. REDIRECTING ATTENTION

Then, gently redirect your full attention to the breath.

Follow the breath all the way in and all the way out.

Focus on inhaling and exhaling.

### 3. EXPANDING

Allow your attention to expand to the whole body – especially to any sense of discomfort, tensions, or resistance. If these sensations are there, then take your awareness there by breathing into them on the in-breath. Then, breathe out from those sensations, softening and opening with the out-breath. Say to yourself on the outbreath, “It’s OK. Whatever it is, it’s OK. Let me feel it.”

Become aware and adjust your posture and facial expressions.

As best you can, bring this expanded awareness to the next moments of your day.

