3-MINUTE BREATHING SPACE
BASIC INSTRUCTIONS

The breathing space provides a way to step out of automatic pilot mode and reconnect with the present moment. The thing to remember is to maintain awareness in the present moment. Nothing else.

1. “WHAT IS HAPPENING?” - AWARENESS

Bring yourself into the present moment by deliberately adopting an attentive posture.
If possible, closing your eyes, then asking:
What is my experience right now?
   in thoughts... (what are you saying to yourself)
   in feelings... (like, don’t like, neutral, upset, excited, etc.)
   body sensations... (actual present-moment sensations, tightness, holding)

Acknowledging and registering your experience, even if it is unwanted.

2. BREATH - DIRECTING ATTENTION

Then, gently redirecting full attention to breathing, to each inbreath and to each outbreath as they follow, one after the other.

Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness.

3. BODY - EXPANDING ATTENTION

Expanding the field of your awareness around and beyond your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression. As best you can, bringing this expanded awareness to the next moments of your day.

Adapted from Mindfulness Based Cognitive Therapy by Segal, Williams, Teasdale (2002)