

3 Minute Breathing Space

This exercise is a way to step out of the “auto-pilot” and bring yourself to the awareness of the present moment.

Awareness

Bringing yourself into the present moment, adopting an alert yet comfortable posture, close your eyes, if this is comfortable and bring your attention inward. Becoming aware of your body and the surface upon which you are sitting. Draw your focus to the spine of each vertebra stacked upon the other from the sacrum to the skull.

Now, turning your attention to your thoughts and feelings, ask, “what thoughts and feelings are around right now? What bodily sensations are present?”

Gathering

Now, gently direct your awareness to your breathing, following each inbreath and each outbreath, one after the other, if necessary, saying to yourself, “I am breathing in, I am breathing out”.

The breath can function as an anchor to bring you into the present moment since the breath is always with us and available at any time as a focus of attention. Regulating the inbreath with the outbreath can assist in maintaining awareness and stillness

Expanding

Now, expanding your awareness to the whole body, imagine that you are breathing with the body as a whole including your posture and facial expression. When you are ready, open your eyes and return to your day.