

Exercise sheet

3 MINUTES OF BREATHING SPACE



1 PAUSE

Right here, right now, allow yourself to pause.

Choose to take a step back to check in with yourself. If possible, close your eyes, but you can also leave them open (which means you can do this exercise anywhere).

Ask yourself: "How am I feeling right now?"

What emotions am I feeling? What physical sensations can I feel?

And what thoughts are going through my mind right now?"

Also notice how you want to react. Start to become aware and welcome your experience, even if it is unpleasant. Don't try to chase away or force anything, just feel what is there.

2 BREATHING

Now, you are going to focus your attention on your breath.

Start to become aware of the ebb and flow of your breath... with each inhalation... and each exhalation... the path of the breath as it moves freely in and out of your body...

Focus on the place in your body where your breath feels most present for you. Use your breath as an anchor to bring you back to the present moment and focus on yourself.

3 EXPANSION

Finally, you are going to expand your awareness to your body... to your facial expression... Feel your whole body breathe... Expand your awareness to your body and mind, including everything that is present at this moment, and say to yourself: "It's okay, whatever it is, it's okay, this is my experience right now."

With this enhanced awareness, become aware of the different choices that are available to you now. With compassion for yourself, ask yourself: "What is the best possible action to take now?"

Alternatively, what automatic response shouldn't you make?