

Three Minute Breathing Space

AWARENESS

Bring yourself into the present moment by deliberately adopting an erect and dignified posture. Feel your feet on the ground, bringing yourself into the room...feel your body in the chair. If possible, close your eyes. Then ask: "What is my experience right now...in thoughts...in feeling...and in bodily sensation?" Acknowledge and register your experience, even if it is unwanted.

GATHERING

Then, gently redirect full attention to breathing, to each in breath and to each out breath 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 sense of awareness and stillness.

EXPANDING

Expand the field of your awareness around your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression. What does it feel like to be in my own presence

From: Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse, Zindel V. Segal, J. Mark G. Williams, John D. Teasdale, J. Mark G. Williams