



### THREE-MINUTE BREATHING SPACE

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The three-minute Breathing Space exercise can be used as an effective practice to integrate mindfulness into daily life. A structural implementation of the exercise can be achieved by using a timer at fixed moments during the day. In this way, the exercise can become automatized.

#### GOAL

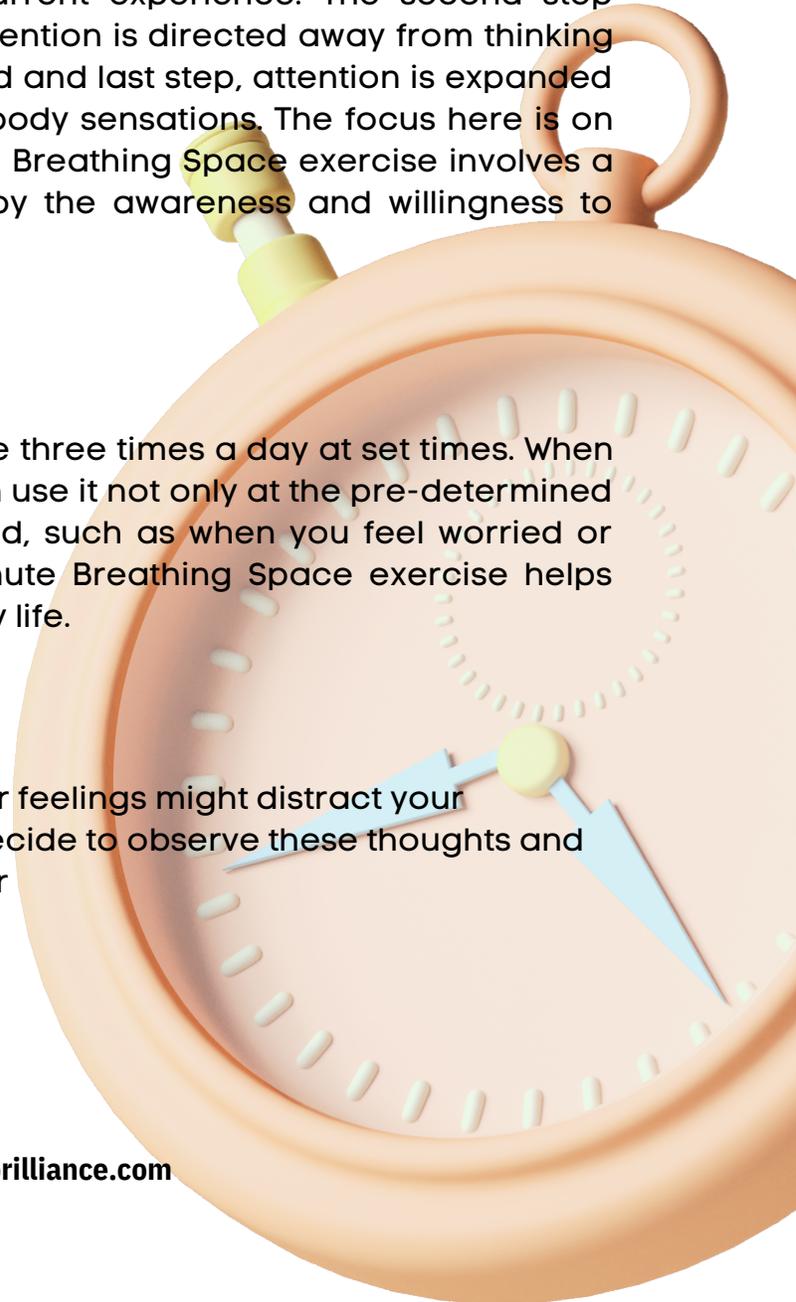
The exercise typically involves the following three steps: The first step is asking oneself: "Where am I?", "How am I?", "What am I thinking?" In this way, one steps outside the "doing mode" for a moment, disrupts habitual patterns and introduces awareness of the current experience. The second step involves a single focus of attention. Attention is directed away from thinking and towards breathing. During the third and last step, attention is expanded so that it also includes awareness of body sensations. The focus here is on the body as a whole. The three-minute Breathing Space exercise involves a direct way of coping characterized by the awareness and willingness to experience what is present.

#### ADVICE

It is advisable that you do this exercise three times a day at set times. When the exercise becomes a habit, you can use it not only at the pre-determined times, but also when you feel the need, such as when you feel worried or stressed. Consequently, the three-minute Breathing Space exercise helps integrate meditation practice into daily life.

#### MANAGE DISTRACTIONS

During this exercise, certain thoughts or feelings might distract your attention. Simply notice this. You can decide to observe these thoughts and feelings for a while and then return your attention to your breath or your body.





# Release Anxiety & Stress in 3 minutes

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### AWARENESS:

Ask yourself the question: How am I doing right now? Focus your attention on your inner perception. Notice which thoughts, feelings and physical sensations you are experiencing.

Try to translate your experiences into words. For example: "I have self-critical thoughts" or "I notice I am tensed".

What are you feeling in your body? Allow yourself to feel what you are feeling in the current moment. Accept it. You can tell yourself that what you're feeling it's okay, whatever is there is fine just the way it is.

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### BREATHING:

Next focus your full attention on the breathing.

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### EXPANSION OF ATTENTION:

Allow your attention to expand to the rest of your body. Feel how your breath moves throughout your whole body. With every inhale you can feel your body expand a little and with each exhale you can feel it shrink a little.

