

Mindfulness Technique

Three Breath Exercise

We are going to practice a short breathing exercise that may allow you to step out of automatic mode.

Find a comfortable position, and either close your eyes or focus on a spot in front of you. Now take a deep breath to bring yourself into the present moment [pause], just noticing whatever you are experiencing right now.

1 2

Notice whatever thoughts you have. Now notice whatever you are feeling emotionally. Don't try to change it, but just notice how you are feeling. [Pause five seconds.]

Allow your awareness to expand to encompass your breath. Breathe deeply 3 times, bringing your awareness to your thinking, and whatever you are feeling emotionally right now.

3 4

Gently broaden this awareness to notice the whole experience, holding everything in awareness. Now bring your attention back to the room; open your eyes if they are closed. Have a stretch; notice yourself stretching. Welcome back!



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