

Mindfulness Technique

The practice of the 3 Steps

This technique is one of the simplest to be incorporated into everyday life, Corresponds to short breaks, each one lasting 1 minute, taking approximately 3 minutes in total.

1

Adopting a comfortable position, sitting or lying down. Slowly bring attention to your body, which may include physical sensations (contact with the floor or chair; points of tension), as well as the perception of thoughts or emotions that may be present in the body;

Gradually, start to bring attention to the sensations and movements of breathing - movements of the chest and abdomen. The air entering and leaving the nose. It is important to follow the natural flow, without trying to change it, just observing it. Do this for a while;

2

3 Before ending the session, bring your attention back to the sensations in your body, which may include the perception of where you are (sounds, temperature). Gradually finish the practice, opening your eyes again.

