



"The skill of mindfulness is noticing when we have wandered off in thought and then bringing our attention back to the present moment. With awareness comes choice - only then can we decide how to move forward in times of stress."

Diana Tikasz, MSW, RSW, TEND Associate

# THREE MINUTE BREATHING SPACE

Developed by Diana Tikasz, MSW, RSW



## FIRST MINUTE



### NOTICE ANY SOUNDS YOU HEAR

What sounds are near or far?

Notice how the sounds arise and disappear

Every time that you notice your thoughts wander, simply and without judgement, return to the sounds

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## SECOND MINUTE



### NOTICE ANY BODY SENSATIONS

What parts of your body are warm or cold?

Notice the sensations of contact with the chair or with your clothing

Whatever you notice is perfectly fine and does not need to be changed in anyway. Just notice.

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## THIRD MINUTE



### NOTICE YOUR BREATH

Where do you notice your breath- is it at the nostrils, the chest, the belly?

Notice the expansion and the settling of the body as you breathe

Can you follow the full inhale and exhale of breath?

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