

# MINDFULNESS

LEARNING TO PAY ATTENTION,  
IN THE HERE AND NOW,  
ON PURPOSE,  
WITHOUT CRITICISING OR JUDGING YOURSELF,  
TO THOUGHTS, FEELINGS, SENSATIONS AND EXPERIENCES.

The 3 Minute Breathing Space:  
See if you can do this exercise once a day,  
every day.

## 1. ACKNOWLEDGING

Sit with your feet fully on the floor, with your back self supported and your hands open, in your lap. Close your eyes. Bring your mind into the here and now. Begin by noticing what you can hear, sense and experience in your environment. Notice and stay with whatever is going on, on the outside, for a few moments. Then ask yourself; 'What's going on for me right now?'. Simply observe and 'take stock of' any thoughts, sensations and feelings you may have, without passing judgements.

## 2. GATHERING AND BREATHING

Gently bring your attention to your breathing. Don't try to force yourself to breathe in a particular way, simply stay with and concentrate on the full in-breath and out-breath as they follow each other. The breath can help you focus on the here and now. If your mind wanders off, simply bring it back to the breath. You may notice different physical sensations, thoughts or emotions come and go. That's fine! Simply notice these, without getting cross with yourself for having them or telling yourself you shouldn't think or feel like that. Simply continue to stay with the breath.



## 3. EXPANDING YOUR AWARENESS

Now focus on your whole body and gradually on what goes on outside you, too, in the environment (e.g. noises, sensations). When you're ready, in your own time, open your eyes.

This sequence is a bit like an hour-glass:  
Wide focus, gradually narrower focus followed by  
a wider focus.