

WEEK 3: MINDFULNESS: TIME TO BREATHE

AWARENESS OF PRESENT MOMENT

To get started, schedule specific times in the day that you can stop, take time to breathe and observe how that works for you. Ideally, practice breathing mindfully for 3-5 minutes a day.

- Sit in a comfortable position. Allow both soles of your feet to connect to the floor.
- Rest your hands on your thighs and let your shoulders drop.
- Gently close your eyes or look for a reference point somewhere on the floor where you can return your eyes when they get distracted.
- Let your spine grow tall and noble like the trunk of a tall tree.
- Take a moment to notice how your body feels as you bring your attention to the flow of your breath. You don't need to breathe in a special way. Your body knows how to breathe.
- Simply notice each breath coming into the body with an in-breath, and leaving the body with an out-breath.
- If you notice your mind is caught up in thoughts, concerns, emotions or body sensations, know that this is normal.
- Notice what is distracting you and gently let it go without judgment, by redirecting your attention back to the breath.
- Keep escorting your attention back to the experience of breathing.
- When you are ready, slowly bring your attention back to your surroundings and let how you feel now guide you.