

A photograph of a woman with short dark hair, eyes closed, and a calm expression, sitting in a meditative posture. She is wearing a light blue t-shirt. In the background, several other people are visible, also appearing to be in a meditative or focused state, though they are out of focus. The lighting is warm and soft, suggesting an indoor setting with ambient light.

“ 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



A simple and quick mindfulness exercise that can be used before, during, or after a stressful event.

Adapted from Segal, Teasdale, and Williams

FIRST MINUTE



NOTICE ANY SOUNDS YOU HEAR

What sounds are close and what sounds are distant?

Notice how the sounds arise and then disappear.

If you notice your thoughts wandering, simply (and without judgment) return to the sounds.

SECOND MINUTE



NOTICE ANY BODY SENSATIONS

What parts of your body are warm, what parts are cold?

Notice the sensations of contact with the floor or chair.

Whatever you notice is perfectly fine and does not need to be changed in any way.

THIRD MINUTE



NOTICE YOUR BREATH

Where in your body do you feel your breath? In your nose, your chest, or your stomach?

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

Follow the full inhale and exhale of each breath.