



Three Minute

Four vertical bars of varying heights and shades of blue and white, located to the left of the main title.

Breathing Space

A simple and quick grounding strategy that can be used before, during, or after a stressful event

Three Minute Breathing Space

“With awareness comes choice – only then can we decide how to move forward in times of stress.”

– DIANA TIKASZ, MSW, RSW
TEND ASSOCIATE

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.