



Start this exercise initially for 3 minutes, and eventually build up to 5 minutes and beyond. This practice will create space within your day and within your soul; and you will become more mindful and consciously aware of your body and your surroundings.

As you regularly pay attention to your breath, your muscles relax, your tension dissolves, and you grow less reactive to external situations and emotional triggers.

3 Minute Breath Break

Set a timer for 3 minutes. Sit quietly with both feet on the ground and your hands in your lap. Bring all of your attention to the physical act of breathing.

Notice the breath as it enters your body through your nose and travels to your lungs. Notice whether the inward and outward breaths are cool or warm, and observe where the breath travels as it enters and exits your body.

Allow your body to do what it does naturally. Don't try to change your breathing. Just simply notice it and keep your attention on it. Your breathing may be slow or fast, deep or shallow. Whatever the case, it just is what it is.

Begin to notice that each time you breathe in, your stomach will expand, and each time you breathe out your stomach will relax.

Again, don't change anything – just be aware of the physical sensations of breathing in and breathing out.

If your thoughts intrude, this is okay. Just notice the thoughts, allow them to be, and gently bring your awareness back to your breath.