

3-Step Breathing Space

Feet on the floor, straight back, eyes closed.

Step 1: Awareness

- What is here right now?
- What sensations are in the body?
- What moods or feelings?
- What thoughts in the mind?
- What impulses or urges?

Step 2: Gathering

Guiding attention (like a flashlight) to an anchor in the body (Feet, seat, hands - perhaps sensations of breathing in the abdomen) - allowing attention to rest there a while.

When the mind wanders, gently guide it back to your anchor (without self-judgement, mind wandering is normal)

Step 3: Expanding

Expanding attention throughout the body, sensing whatever is there, even the space outside the body. Taking that sense of awareness into the next few moments of your day.

Optional Step 4: Responsive action

(in response to a difficult situation)

Inviting the question:

- What would be a helpful response to what is happening now?
- What would support my wellbeing?
- What would support the wellbeing of others?

"Between stimulus and response is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." **Viktor Frankl**