

# ONE-MINUTE BREATHING SPACE

Haven't there been times when you just needed some "breathing space"? This practice provides a way to reconnect with the "here and now". You are just tuning in to what is happening right now, without expecting anything specific. If you remember nothing else, just remember the word "STOP".

# S

## STOP AND TAKE STOCK

Bring yourself into the present moment by deliberately asking:

### **What is my experience right now?**

Head: Thoughts... *(What are you saying to yourself? What images are coming to mind?)*

Heart: Feelings... *(Enjoying, not enjoying, neutral, upset, excited, sad, mad, etc.)*

Body: Sensations... *(Actual present-moment sensations, tightness, holding, lightness)*

Acknowledge and register your experience, even if it is uncomfortable

# T

## TAKE A BREATH

Directing awareness to breathing. Gently direct full attention to breathing, to each in breath and each outbreath as they follow, one after the other.

Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness.

# O

## OPEN AND OBSERVE

Expanding awareness outward. Expand the field of your awareness around and beyond your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression, then further outward to what is happening around you: sights, sounds, smells, etc. As best you can, bring this expanded awareness to the next moments.

# P

## PROCEED/NEW POSSIBILITIES

Continuing without expectation. Let your attention now move into the world around you, sensing how things are right now. Rather than react habitually/mechanically, you can be curious/open, responding naturally. You may even be surprised by what happens next after having created this pause.