



THE THREE-MINUTE BREATHING SPACE

INSTRUCTIONS:

This exercise is intended to be practiced on a regular basis throughout the day to help bring your attention to the present moment, and **not** necessarily at particularly difficult, challenging or anxious moments.

1. AWARENESS

Bring yourself into the present moment by deliberately adopting an erect and dignified posture. If possible, close your eyes. Then ask:

"What is my experience right now ... in thoughts ..., in feelings ... and in bodily sensations?"

Acknowledge and register your experience, even if it is unwanted.

2. GATHERING

Then, gently redirect full attention to breathing, to each in-breath and to each out-breath 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.

3. EXPANDING

Expand the field of your awareness around your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression.

The breathing space provides a way to step out of automatic pilot mode and reconnect with the present moment.

Adapted from Segal, Williams, and Teasdale (2002) *Mindfulness-Based Cognitive Therapy for Depression: A new approach to preventing relapse*. Copyright by The Guilford Press.

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