

The 3-Minute Breathing Exercise

Paying attention to your breathing can help you relax and feel calm. This breathing exercise can help you to relax your mind and body. It can help you think about the present moment instead of your past experiences or what may happen to you in the future. This breathing exercise does not take long. It can be helpful for you to do this every day.

Here are the step-by-step instructions for you to do this exercise. Each step will take about 1 minute.

Step 1 - Awareness

- Sit up straight, or stand, with good posture. If possible, close your eyes.
- Ask yourself: “What am I thinking?” “What am I feeling?” “What is going on inside my body right now?” “What is my body feeling?”

Some of your feelings may be positive and some may be negative. There are no right or wrong feelings. Do not try to change your feelings.

Some areas of your body may feel good and relaxed. Other areas of your body may feel uncomfortable or your muscles may feel tight.

Step 2 - Gathering and Focusing Attention

- Pay attention to your breathing. Pay attention to each breath in and each breath out. One breath after another.
- Paying attention to your breathing can help you relax and feel calm. Think about the present moment. Do not think about your past or what may happen to you in the future. If you start to think about these things, think about your breathing instead.

Step 3 - Expanding Attention

- Now think about your whole body, your posture, and the expression on your face.
- Think of your whole body as you are breathing in and out.
- If any part of your body feels tight or uncomfortable, focus on these areas. Imagine your breath moving in and around these areas.

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