

Five Minute Breathing Space

Begin by finding a comfortable position sitting upright with your eyes either closed or resting on a spot in front of you. Start by taking a deep breath to bring yourself into the present moment. Pause and notice how it feels in your body. Notice if there are any sensations, including those of tension or discomfort, heat or warmth. Notice the parts of your body that are touching the ground, or if seated in contact with the chair. Notice the weight of your body and how this is distributed. Slowly, bring your awareness back to your breath.

Now, turn your attention to whatever is in your mind. Notice your thoughts, and judgments as they are, without trying to change them. Just observe them entering your mind and then slipping away. Now notice your emotions. What are you feeling? Where are you feeling it? Try to accept it without trying to change it. Notice how it feels to do this. And now, slowly bring your focus back to your breath. Notice how it feels when the air enters and leaves your body and how your stomach rises when you breathe in and falls as you breathe out. Notice the temperature of your breath and how it changes as it makes its way through your body. If your mind wanders, just notice without judgement and slowly bring your attention noticing each breath in, and out, one by one.

Now slowly open your eyes and draw your attention back to the room. You're your feet into the ground. Notice any sounds, sensations. What can you see? Now reflect on the whole process. What did you observe?