



Short mindfulness break

Start the exercise by changing the position of your body with full awareness. Change to an upright and alert position.

Your back is straight but not stiff. Your shoulders drop, your chest opens up.

Close your eyes if you want to.

In the first phase, be aware of what is happening right at this very moment. Focus on being aware of your inner experience and ask yourself: "What am I experiencing right now? What thoughts are on my mind?"

See if you can see your thoughts as events in your mind. If you like, you may put them into words.

Notice what emotions are on your mind right now. Even if you feel uncomfortable, turn towards these sensations. Be aware and accepting of these sensations. Be aware that this is the way things are right now.

What do you feel in your body right now? Perhaps you can quickly scan your body. Do you feel tightness or tension anywhere? Notice that you are now aware of what is happening at this moment. You've released yourself from automatic pilot.

Second phase:

Focus and direct your attention to the breathing movements of your diaphragm. Notice the feeling when the diaphragm stretches slightly each time you inhale and falls each time you exhale.

Let your awareness rest gently in the breathing. Feel your breathing all the way down as you inhale and all the way up as you exhale. Use breathing to anchor yourself to this moment.

Whenever your mind starts wandering, bring your attention gently back to your breathing.

Third phase:

Expand the scope of awareness so that it covers your entire body and breathing. Notice your position, facial expressions, and how your whole body feels. If you feel uncomfortable or you notice tension or resistance in some part of your body, try to breathe gently through these feelings.

You may feel how your body softens and relaxes every time you exhale.

Finally, bring this expanded, open awareness back to the next moments of your day.
