

The 3-minute breathing exercise



During stressful moments, take some time to 'catch your breath' in a mindful way and become aware of what is happening in your body. By doing this exercise for just three minutes each day, you can achieve more inner peace.

In the Moment

Sit firmly on a chair with your feet on the floor. Close your eyes and try to feel your body very consciously. Ask yourself: What am I experiencing at this moment?

- What physical sensations am I experiencing? What do I feel in my body?
- What thoughts are on my mind right now?
- What feeling or mood am I experiencing?

Acknowledge what presents itself, even if it is unpleasant. You don't need to change anything; just noticing is enough. Show compassion to yourself. It is there. It is OK. It is part of you. Smile at it.

Focus on the Breath

Direct your full attention to your in-breath and out-breath. Where do you feel your breath most in your body? In your belly, chest, or nose? Follow your breath for a short time. This can serve as an anchor to bring you into the here and now and help you to be mindful and still.

Whole Body Awareness

Then expand your attention to your entire body so that you feel 'whole.' How does your posture feel? And what is your facial expression?

Pause and Reflect

Afterwards, slowly open your eyes. Take your time. How does the world come across to you now? Hopefully, you feel a bit more spacious and calmer. Then, in this newfound calm, consider how you want to continue your day.