

Three Minute Breathing Break



What is the strategy?

- The Three-Minute Breathing Break is a strategy to help you learn to spend time in the present moment, noticing what you are experiencing.

Step-by-step instructions:

Close your eyes or lower you gaze. This will help you focus.

Here's what you do for each of the 3 minutes:

Minute 1: Check-In

- What are the thoughts going through your head (thoughts about your day, about your family, about yourself, or even thoughts about learning this strategy)?
- What are the emotions you are feeling right now (happy, sad, anxious, calm, excited, bored, etc.)?
- What kinds of things do you feel in your body (tense, relaxed, pains, itches, hot, cold, the texture of your clothes on your skin, the pressure of your body resting into the chair or the floor, etc.)?

Minute 2: Focus

- Focus your attention on your breath.
- You might focus on the feelings in your nostrils or chest, or you might just think the words "breathing in, breathing out".
- Sometimes you might notice your mind has wandered off; that's okay; that's normal; just gently bring your focus back to your breath.

Minute 3: Notice

- Now let your attention move back to your whole body and just notice how it feels.

Open your eyes and return to your normal activities.

Do this once a day, or whenever you need a short "breather" from your activities.

How can I use this strategy with my family?

- You can share this strategy with your partner and your kids so that they can use it too.

What are the benefits?

- Noticing good feelings and enjoying them.
- Noticing not-so-good feelings, and deciding if we need to do something to feel better.
- Taking a short "breather" helps manage and reduce stress.
- Being more in touch with yourself helps you to be less distracted, and more present with your baby.