

## **Breathing Space – Basic Instructions**

### **1. Pause and Awareness**

Take one moment to pause, breathe in and out, and just notice what is arising. If possible, sit or stand in an erect manner with your eyes closed.

Observe. Bring the focus of your awareness to your inner experience and notice what is happening in your thoughts, feelings and bodily sensations. Ask yourself “What am I feeling or thinking right now? What is my bodily sensation?” Put these experiences into words. For example, say silently to yourself, “A feeling of anger is arising” or “Self-critical thoughts are here”.

Acknowledge and register your experience, even if it is unwanted.

### **2. Relax and Gathering**

Relax your body and gently redirect full attention to breathing. Notice each in-breath and each out-breath as they follow, one after the other.

Your breath can function as an anchor to bring you into the present and help you tune into a state of awareness and stillness.

### **3. Open and Expanding**

Expand the field of your awareness around your breathing, so that it includes a sense of your body as a whole, your posture and facial expression.

The *Breathing Space* provides you a way to step out of automatic pilot mode to reconnect and open to the present moment.

Adapted from Segal, Williams and Teasdale (2002).