

## 3 Minute Mindfulness – Exercise

You can practice this exercise anytime and anywhere. The meditation is made up of three distinct stages – A, B and C to help you to remember what to practice at each stage; you can make it longer or shorter depending on where you are and how much time you have.

1. Sit upright or if you can't, try standing upright or lying down on your back. Sitting up straight is helpful because it sends a positive message to the brain – you're doing something different.
2. Practice the **A** step for about a minute or so, then move on to **B** for a minute, ending with **C** also for a minute – or however long you can manage

### A. Awareness

Reflect on the following questions, pausing for a few seconds between each one:

- *What bodily sensations am I aware of at the moment?*

Feel your posture; become aware of any aches or pains, or any pleasant sensations. Just accept them as they are, as far as you can.

- *What emotions am I aware of at the moment?*

Notice the feelings in your heart or belly area or wherever you can feel emotion.

- *What thoughts am I aware of, passing through my mind at the moment?*

Become aware of your thoughts, and the space between you and your thoughts. If you can, simply observe your thoughts rather than becoming caught up in them.

### B. Breathing

Focus your attention in your belly area, as best you can, feel the whole of your in-breath and the whole of each out-breath. You don't need to change the rate of your breathing – just become mindful of it in a warm, curious and friendly way. Notice how each breath is slightly different. If your mind wanders away, gently and kindly guide your attention back to your breath. Appreciate how precious each breath is.

### C. Consciously Expanding

Consciously expand your awareness from your belly to your whole body. Get a sense of your entire body breathing. As the energy settles in your body, notice its effect. Accept yourself as good and complete just as you are, in this moment, as much as you can.