

THREE MINUTE BREATHING SPACE

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Use the three-minute breathing space in moments of stress, and when having troubled thoughts or feelings. This will help you to step out of automatic pilot and reconnect with the present, and your inner wisdom. This process feels a bit like an hour glass

Step 1: Acknowledging

Bring yourself into the present moment by deliberately adopting a dignified posture. Then ask: “what am I feeling? What thoughts, feelings and bodily sensations am I experiencing right now?” Label your inner experience with words. For example, a feeling of anger is arising, or self-critical thoughts are here, or my stomach is clenched and tense.

Step 2: Gathering

Kindly bring your attention to your breathing. Connect with each inhale and exhale, as they follow one after the other. It may help to note at the back of your mind “breathing in, and breathing out” or to count the breaths. Let the breath function as an anchor to bring you into the present moment, and help you tune into a state of awareness and stillness.

Step 3: Expanding

Expand your awareness with your breathing to the whole of your body, as if your whole body was breathing, including the space around you. Take the breath to any part of the body which is in discomfort, tense or resisting your experience, and breathe into the sensations. While breathing out, allow a softening, opening, a letting go. Maybe say “it’s ok to feel what I am feeling”.

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