

3-Step Mindfulness Exercise

You can find another great exercise if you are strapped for time in this **3-Step Mindfulness Exercise**. In this exercise, there are only three steps:

Begin by taking a comfortable but dignified posture. Ask yourself “how am I doing right now?” focus on the feelings, thoughts, and sensations that arise, and try to give these words and phrases.

Step 1: To step out of “auto-pilot” to bring awareness to what you are doing, thinking, and sensing at this moment.

- Shift our attention. Notice the thoughts that come up and acknowledge your feelings, but let them pass. Attune yourself to who you are and your current state.

Step 2: Next bring awareness to your breathing.

- The goal is to focus attention on one thing: your breath. Be aware of the movement of your body with each breath, of how your chest rises and falls, how your belly pushes in and out, and how your lungs expand and contract. Try not to control your breathing, just notice it. Find the pattern of your breath and anchor yourself to the present with this awareness.

Step 3: Now if you like, I invite you to begin to expand your awareness outward,

- Allow your awareness to expand out of your body. Notice the sensations you are experiencing, like tightness, aches, or perhaps a lightness in your face or shoulders. Keep in mind your body as a whole, as a complete vessel for your inner self;
- If you wish, you can then expand your awareness even further to the environment around you. Bring your attention to what is in front of you. Notice the colors, shapes, patterns, and textures of the objects you can see. Be present at this moment, in your awareness of your surroundings.

When you are ready to finish the exercise, open your eyes slowly and try to carry this mindfulness with you as you go about your day.