

# 3 Minute Breathing Technique

01

FIRST MINUTE



NOTICE ANY SOUNDS  
YOU HEAR

02

SECOND MINUTE



NOTICE ANY BODY  
SENSATIONS

03

THIRD MINUTE



NOTICE YOUR BREATH

### 3 MINUTES CAN MAKE A DIFFERENCE

Here is a body scan technique that you can implement as a daily practice or when you need it.

#### FIRST MINUTE:

What sounds are near and far?

Notice how the sounds arise and disappear?

Every time that you notice your thoughts wander, simply and without judgement return to the sounds.

#### SECOND MINUTE:

What parts of your body are warm or cold?

Notice the sensations of contact with the chair or with your clothing

Whatever you notice is perfectly fine and does not need to be changed in anyway. Just notice.

#### THIRD MINUTE:

Where do you notice your breath? Is it at the nostrils, the chest, the belly?

Notice the expansion and the settling of the body as you breathe.

Can you follow the full inhale and exhale of breath?