"The skill of mindfulness is noticing when we have wandered off in thought and then bringing our attention back to the present moment. With awareness comes choice - only then can we decide how to move forward in times of stress."

Diana Tikasz, MSW, RSW, TEND Associate
THREE MINUTE BREATHING SPACE
Developed by Diana Tikasz, MSW, RSW

FIRST MINUTE

NOTICE ANY SOUNDS YOU HEAR
What sounds are near or 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

NOTICE ANY BODY SENSATIONS
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

NOTICE YOUR BREATH
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?

For more information and other downloadable resources, go to www.TENDacademy.ca/resources

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