



3-steps of Breathing Space Exercise

In daily life, it is inevitable that we will encounter with negative emotions like anger, frustration or hurt feelings.

At this time, we can practice 3-steps of Breathing space Exercise and be aware of our emotions, thoughts and sensations.

Suggested place to do the exercise:

A place which makes you feel relaxed and comfortable (e.g. in your bed or on a comfortable chair).

Step 1

Take a deep breath and bring yourself to the present moment. Be aware of your **thoughts, emotions and sensations** at this moment. It is okay for you to feel angry, sad or tense. Please be aware of our experience **without judgment and criticism**.

Step 2

Direct your attention to focus your belly area when you breath. Try your best to feel the whole of your in-breath and the whole of each out-breath. You don't have to regulate the rate of your breathing – just **become mindful of it**. If you find your mind wanders away, kindly **guide your attention back to your breath** but not to blame yourself.

Step 3

Consciously expand your breath from your belly to your whole body and be aware of **your entire body breathing**.

Self-awareness, non-critical, acceptance

Be aware of yourbody sensations

Become more aware of how your feelings and thoughts at the moment

Benefits of 3-steps of Breathing Space Exercise

If we practice Breathing Space Exercise regularly, we can increase our self-awareness and avoid being dominated by the external environment and emotions. Breathing space exercises allow us to understand our emotions more and learn to live in the present.