# Three Step Breathing Check List

Let’s take a few minutes for a breathing space…

## Becoming Present

First become present in this moment…

Become aware the physical sensations and feelings of your body…

* How does the seat feel beneath you?
* Can you feel your clothing against your skin?
* What sounds are you hearing from around you?

Now focus on your emotions, don’t try and change them, just become aware of them…

* Can you feel your emotional experience with your body?
* Can you name the emotions you are feeling?
* Can you sense your emotions pulling for your attention?

Try to become aware of your thoughts…

* Are your thoughts trying to capture your attention?
* Are your thoughts moving quickly or slowly?
* Can you see your thoughts passing through your mind?

## Breathing

And in the second stage, focus on the physical sensations of your breath…

Focus on the tip of your nose; follow your breath as it passes your nose on the way in and on the way out….

Focus on the rise and fall of your chest; follow your breath as your chest fills and empties….

Focus on the movement of your tummy; as it is affected by each in breath and out breath….

## Expanding

Finally, expand your awareness to include a sense of your body as a whole….

Become aware of your posture; maybe change your posture if you feel a need to.

Become aware of your facial expression; you can change your expression if you like.

Become aware of the space that your body occupies; and the space surrounding you.

## End

And so having experienced these moments, remember to try and use this technique later in the week to come back to the present moment where ever you are.