

Pause. Notice. Choose.

Mindful Moment: Breath Exercise

Today, we're going to practice a pause, notice, and choose around breath.



Take a moment to get comfortable, if you are sitting in the chair, notice support of the chair on your back, notice your feet, supported by the floor. If you choose to lay down noticed full support of the surface beneath you and notice your body weight against the surface.

And then take a moment to close your eyes or you might choose to have a soft gaze. Starting to notice your breath and remember that during this session we are just going to notice things without judgment, you can let go of all the past or future concerns, and just stay present. Anchoring to your breath, noticing it but not changing it. Noticing the inhale, then noticing the exhale. You may even find it easier to notice if you place your hands on your belly during the experience, so you can feel your body's movement during the inhale and the exhale.

When notice your attention wandering away from the focus of the breath, you get to choose where you put your attention, whether it's on those thoughts or back to the breath. The practice is about noticing where your mind goes and then choosing where to place your attention.

You might even choose to notice the breath in a different way. Noticing the warmth of the exhales and noticing the coolness with the inhale. Just take a moment to pay attention in this way.

You may even notice some distractions: inside thoughts or sensations or external sounds and sensations. Simply notice them without judgement. And then if you choose, patiently return your focus back to the breath. You may choose a different way of noticing the breath, by noticing the length and depth of each breath you take.

We can be playful with our noticing of the breath and find different ways that support and serve your needs, that is an important piece of the practice.

And when you're ready, you can end your pause, notice, choose practice by slowly, opening your eyes, coming back into the room and thank yourself for this moment of care.

End of Mindful Moment.

Facilitator Asks a Few Questions for the Group

I would like to hear from a few of you:

What did you notice during that experience?

What did you like about it?

What did you find challenging?