

## 3-minute Mindfulness Breathing Space

Sometimes, we may be extremely busy. We may have to multitask: writing emails, preparing the report for tomorrow's meeting, checking if all the documents are ready... At the same time, a phone suddenly rings. We have to pick up the phone and leave everything we are doing. When things are hectic, your mind is busy planning for the next steps, and we may suddenly discover that we have lost track of what we are currently working on.

Sometimes, we really need to pause and organize ourselves before getting back to work. Mindfulness is an ideal "330 micro break" that we can practise at any time. It refers to "paying attention in a particular way: on purpose, in the present moment, and non-judgmentally."<sup>1</sup>. Practicing mindfulness allows us to see clearly what is happening in the present moment, as well as notice the state of our body and mind. When we focus on the present moment, spend time with ourselves and get to know ourselves, we can respond to different situations with more wisdom and take better care of ourselves.

Breathing is one of the most commonly practiced mindfulness exercises. Our body knows how to breathe naturally and every breath seems effortless. Our breathing may be so familiar, we take it for granted, and may even have forgotten its existence.

And because we are breathing all the time, we can focus on our breathing at any time and at any particular moment. By concentrating on our breathing, we can re-focus and gain our attention and let go of the distracting thoughts and worries.

Breathing is also closely related to the immediate state of our body and mind health. Pay attention to your breathing: is it rapid? Is it light and shallow? Is it labored? Noticing the way we breathe helps us understand our current state body's health so we know how to take care of ourselves.

This breathing exercise takes only three minutes and can be done anywhere. As you go about your daily tasks - when you are travelling, working, having meals, taking a bathing, getting ready to sleep, or at any other times - we encourage you to pay attention to your breathing for a few minutes. Let mindful breathing be part of your life.

### Reference:

<sup>1</sup> Kabat-Zinn J (2013). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. New York: Bantam Dell

