

# Using Mindfulness to Slow Down & Refocus

## Exercise: 3 Breaths & 3 Wishes



We can all use a breather throughout the day—a way to **ground and reconnect** with ourselves and the people and places around us.

However, grounding and reconnecting to the present moment doesn't always have to be an hour-long yoga class or 20-minute meditation. **Sometimes all it takes is 30 seconds!** Use this quick pick-me-up throughout the day to ground, reconnect, refocus, and remind yourself what matters.

## Instructions

### TAKE A STEP BACK

If you catch yourself feeling overwhelmed, anxious, or stressed, immediately stop what you are doing and take a mental step back. Use the slowing and calming process of 3 Breaths & 3 Wishes, as follows:

1

#### BREATH 1 IS FOR YOU

Count to 4 as you inhale, filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for yourself.

2

#### BREATH 2 IS FOR ANOTHER PERSON (FRIEND, FAMILY, PET, ETC.)

Count to 4 as you inhale, filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for another person.

3

#### BREATH 3 IS FOR A GROUP, (FAMILY, CLASSROOM, COUNTRY ETC.)

Count to 4 as you inhale filling your lungs and diaphragm with as much air as you can. As you exhale, make a wish for the group.

### YOU'RE ALL DONE—CARRY ON!

3 breaths later and there's been a shift - in your breathing rate, your attitude and perspective. Deeper than that, you've taught your brain how to calm itself and regain control when it's stressed. Feel free to repeat at any point in the day when you need to reground. Share this practice with others! It works.

## Reflections & Actions

**Practice deep breathing again and note down how your body changes.**

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**How does this affect your thoughts and how your body feels?**

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**When would it be useful to remember to use these exercises?**

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