

# KINECTED



## REDUCE STRESS WITH THIS QUICK MINDFULNESS TECHNIQUE

For Educational Purposes Only. Not Intended To Be Used As A Substitute For Professional Advice. Please Check With Your Doctor Before Starting Any New Activity/Wellness Program.

When patience is low and stress levels are high, use the “3 minute breathing space” technique for a quick and powerful shift toward emotional regulation. This useful skill is grounded in the science of Cognitive Behavioral Therapy, and with practice, can be effectively implemented into challenging classroom situations as needed. This mini meditation can take the edge off; keeping you focused on teaching--not screeching.

Here’s how it works:

This mini-meditation is not intended to be viewed as “taking time-out” or a opting for a break. It happens in real time, as the situation arises. The goal is to shift the awareness of what you are experiencing in that moment.

There are three distinct stages: becoming aware, gathering, and expanding.

### 1. AWARENESS

The first stage requires you to notice your posture. Straighten your spine and relax the body. Ask yourself: “What is going on right now... in my thoughts.. my emotions... my body?” Acknowledge and honestly accept the experience without judgement or reflection.



### 2. GATHERING

The second stage directs your complete attention to your breathing. Simply note to yourself inwardly: “Breathing in... breathing out”. Counting can be helpful, but the goal is to anchor yourself to the moment through this fundamental action. Try to slow it down a bit and repeat for a minute or two. Focus only on your breath - while thoughts and emotions will still fly through your head and other sensations vie for attention, just be aware of them but let them be secondary to your focus on respiration.



### 3. EXPANDING

Finally, use the third stage to expand the field of your awareness to your entire body. This includes tension and pain. If those are felt, try to “breathe into them” on inspiration. Tell yourself on the out breath, “It is fine, whatever it is. Let me feel it. It is already with me so I can be present for it.” As best you can bring this enhanced awareness to the moments that follow it in the day.

