

## 3 minute meditation



PROGRESS  
PSYCHOTHERAPY

Meditations don't need to be significant time commitments. This one can be done in as little as 3 minutes. You can repeat the steps if you would like to go longer.

Minute 1- be aware. In this minute simply focus on what is going on for you. Your thoughts, feelings, physical sensations. Just notice, don't judge or try to change things.

Minute 2- focus on the breath. In this minute you breath deeply and just notice the breath, movements of the abdomen and how this feels.

Minute 3- focus on the whole body. In this minute you keep breathing but expand your focus to your whole body. If any part of the body feels discomfort focus on that part and breathe into it. As it relaxes move your focus back to the whole body.