

Micropractices

Three Breaths

Micropractice of Focused Attention

What:

A practice of taking three mindful breaths that can help you to refresh, to be more present, to get off of autopilot, to make a choice about what to do next.

How:

- Take three breaths.
- First breath: Complete yet gentle attention to the process of breathing
- Second breath: Let the body relax
- Third breath: Ask, "what's most important now?"

When:

- Before an important conversation
- When you feel triggered by something
- Before you transition from being at work to being home
- When you have the urge to check your phone or social media

Minute to Arrive

Micropractice for teams to be present

What:

A practice for groups to support becoming present and focused. This can be a useful tool when starting a meeting at work, or whenever you begin a new work task with others.

How:

Pause before you begin a meeting or group activity and invite everyone to take 1-minute to focus attention on the breath, allowing the body and mind to settle and focus on what you are about to begin.

When:

- Before a meeting at work
- Before starting a new task

Micropractices

Shift to Connection

Micropractice of Compassion Just Like Me & Offering Kindness

What:

This practice is done over the course of three breaths, its focus is on restoring a sense of connection with others.

How:

Bring to mind someone in your life. This could be a family member or partner, someone you work with, or anyone else you want to feel more connection with. When you have that person in mind, take three mindful breaths:

- In the first breath, settle the mind
- Second, see a fundamental human similarity
- Third, offer kindness

When:

- Working with people who are different from you
 - Ongoing practice to build sense of goodwill towards co-workers, friends
 - Before a difficult conversation
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