



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

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