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Take a Three Minute Vacation

This exercise presents an easy technique for instantly reconnecting your mind to your body, providing a few moments of relaxation.

1. Find a comfortable posture.
2. Bring your awareness to your body. Pay attention to how all the parts of your body feel.
3. Feel your body getting lighter.
4. Devote your attention to your breathing. Stay aware. Observe.
5. Breathe from deep inside your stomach. Put your hands on your stomach and make sure your belly pushes out when you inhale, and pulls in when you exhale. This is called 'belly breathing.'
6. Imagine that you have a balloon inside your stomach. When you breathe in, imagine the balloon expanding and pushing your stomach out.
7. Note the rhythm of your breathing, its coming and going. Pay attention to the feeling of air moving through your nose.
8. Follow your breathing. Don't try to alter it.
9. If you are having difficulty keeping your mind from wandering, count each time you breathe out. One number for each breath. When you reach ten, start over or reverse the count. Feel the difference between counting on the in breaths and the out breaths.
10. While you are doing this exercise, in addition to relaxing your body, you are prevented from thinking about anything that might be troubling you during the time you take to do it.