This brief 3-step meditation practice can be done anywhere and anytime. It can help when you need to take time out from a hectic day or when you are feeling overwhelmed by a stressful event. Use it to bring yourself back into the present moment and to center yourself.

**Become Aware**
Become aware of what is happening right now by tuning in to your senses, feelings, body sensations and thoughts. What do you notice happening right now? What do you see? What do you hear? What sensations do you notice in your body? What thoughts are arising in your mind?

**Breathe**
Become aware of your breath as it goes in and out. Notice your chest and belly rising and falling with each in-and-out breath. What is the quality of your breath? Is it fast, slow, deep or shallow? Just allow breathing to naturally happen all on its own.

**Body**
Become aware of your entire body, expanding your awareness past just your breathing to your body as a whole. Now that you are more fully in the present moment, how would you respond to this moment?

*To experience a guided three-step breathing space practice led by Jon Kabat-Zinn, click here.*

**Excerpt Source**