

One-Minute Mindfulness: Three-Breath Meditation (TMB) Guide

TMB is a simple mindfulness practice focusing on your breath. Use alarms or reminders for prompt sessions, aiming for a few moments of stillness several times a day. Remember, be kind to yourself—even one session daily brings benefits.

1. Set Alarms:

- Use phone alarms or devices like Apple Watch to remind you.
- Set multiple alarms daily, allowing flexibility if you miss a session.

2. Pause and Prepare:

- When the alarm sounds, stop your activity.
- Find a quiet space if possible; if not, adapt to your surroundings.

3. Body Awareness:

- Bring stillness to your body.
- Place your palm on your chest, abdomen, or focus on your nose/mouth/throat.

4. Focus on Breathing:

- Feel the natural flow of your breath.
- Inhale and exhale, counting three cycles (in and out).
- Breaths can be short or long – there's no wrong way to breathe.

5. Heighten Awareness:

- Concentrate on the unique sensation of each breath.
- Note how each breath differs, appreciating its individuality.

Closure and Celebration:

- After three breaths, celebrate your mindful attention.
- Acknowledge your awareness of the body breathing.
- Proceed with your day, mindful and intentional, until the next TMB alarm.

Find the complete guide online at:

accelerate.uofuhealth.utah.edu/resilience/three-mindful-breaths-a-simple-practice-for-daily-wellbeing