

## **3-Minute Mindfulness Meditation**

### **Preparation**

- Find a quiet space.
- Sit comfortably with back straight.
- Close eyes or soften gaze.

### **Body and Breath**

- Take deep breaths, relaxing with each exhale.
- Focus on breath: rise and fall of chest.
- Observe breath without judgment.
- Gently let go of thoughts, return to breath.

### **Relaxation**

- Feel body sinking into chair or ground.
- Experience a sense of heaviness and relaxation.

### **Closing**

- Continue focusing on breath for a few more moments.
- Slowly open eyes when ready.