



# HANDOUT 1: SESSION 03

## Bringing mindfulness to everyday activities

A regular mindfulness practice can support us in increasing our awareness and help us to make more skillful and healthy lifestyle choices. Becoming aware of the breath is a simple practice that brings us into the present moment, as we pause and pay attention to our breath and sensations in our body. In this state of being in the present moment, we are more aware, less reactive and can make choices from a clearer state of thinking and being. The 3-step breathing space is a mindfulness practice that can be done anywhere and anytime. It can be done in the daily situations and challenges that we may face, whether it is feeling stressed, craving to gamble or behave in some reactive manner.

### → HOME PRACTICE

- 1 **Practice the sitting meditation** 6 days this week.
- 2 **Begin to integrate** the 3-step meditation practice in your daily life.