

SOBER Breathing Space

Take a minute to practice SOBER Breathing Space to help you step out of “automatic pilot” and become less reactive and more mindful of your responses.

(S)top & (O)bserve your external and internal body & mind environments

Take notice and observe your senses for 10 to 15 seconds

- Touch
- Sight
- Sound
- Smell
- Taste
- Space around you

Next, with your eyes opened or closed, gently shift your attention observing the physical sensations within your body for 10 to 15 seconds

- Start at your feet and work your way upwards, or from the top of your head and work your way downwards

Next, with your eyes opened or closed, gently shift your attention for 10 to 15 seconds observing your present

- Mood
- Feelings – emotions
- Thoughts

(B)reath

Next, with your eyes opened or closed, gently shift your attention for 15 to 20 seconds observing your breathing

- Notice how you are breathing, your inhaling, your exhaling and the depth of each breath

(E)xpand

Next, with your eyes open or closed, expand your internal awareness for 15 to 20 seconds gently shifting back and forth noticing your

- Physical body sensations
- Mood
- Feelings – emotions
- Thoughts
- Breath

Whenever you feel ready

(R)espond

Mindfully respond to your situation, through physical action or inaction, expansion of a thought, or recommencing with your activities.