A Few Minutes to Reset

FREE GUIDED PRACTICES FOR WHEN YOU ONLY HAVE 3 MINUTES OR LESS

You don't need 20 minutes, a perfectly quiet room, or an empty mind to practice mindfulness. Sometimes a minute or two is enough to pause, notice what's happening, and reconnect with the present moment.

Choose what sounds helpful today.

When You Feel Anxious or Overwhelmed

SLOW DOWN • BREATHE • RESET

3-Minute Mindful Breathing Anchor

Glenn Harrold | Insight Timer | 3 minutes

A simple breathing practice designed to help you slow down, ground yourself, and reconnect with the present moment.

TRY IT WHEN:
Your thoughts are racing, your body feels tense, or you need a quick reset.

3 Step Breathing Space for Stress & Anxiety Relief

Julia Lofts | Insight Timer | 2 minutes

A very short guided breathing space for moments when time is short.

TRY IT WHEN:
You feel activated, overwhelmed, or need something quick between tasks.

When You Need to Feel More Grounded

PAUSE • BREATHE • BE HERE

3-Minute Breathing Space

Dana-Farber Zakim Center | Online | 3 minutes

A gentle mindfulness practice that guides your attention back to your breathing and the present moment.

TRY IT WHEN:
You feel scattered, disconnected, overstimulated, or stuck in thoughts.

3-Minute Reconnect

Freya Bennett-Overstall | Insight Timer | 3 minutes

A brief practice focused on pausing and reconnecting with yourself.

TRY IT WHEN:
You've been running on autopilot or need a moment to check back in with yourself.

Your mind will wander. That's okay.

Meditation isn't about stopping your thoughts or making your mind completely quiet. When you notice your attention has wandered, simply notice it and gently return to the practice.
That is the practice.

Find What Works for You

There isn't one "right" way to meditate. Different practices, voices, and styles work for different people. Try a few. Keep the ones you like. Skip the ones you don't.

FOR A SIMPLE MINDFULNESS PRACTICE

The 3-Minute Breathing Space

Mark Williams | Insight Timer | 3 minutes

A structured mindfulness practice based on the 3-minute breathing space used in Mindfulness-Based Cognitive Therapy.

TRY IT WHEN:
You want to pause, notice what you're experiencing, and intentionally shift your attention to the present.

Three Minutes of Mindfulness

Bodhipaksa | Insight Timer | 3 minutes

A short, beginner-friendly guided mindfulness practice.

TRY IT WHEN:
You want to practice mindfulness but aren't sure where to begin.

PREFER YOUTUBE?

3-Minute Grounding Meditation

M.B. Victoria | YouTube | 3 minutes

A short guided practice intended to help bring your attention back into the present moment.

TRY IT WHEN:
You need a quick reset, want to feel more grounded, or need a break from thoughts.

3-Minute Breathing Space

Dr. Rochelle Calvert | YouTube | 3 minutes

A gentle, three-minute mindfulness practice for relaxation, stress, and focus.

TRY IT WHEN:
You want a straightforward breathing practice you can access without downloading another app.

WANT MORE OPTIONS?

Insight Timer has a large library of free guided meditations, including many practices that are only 2-3 minutes long.

Try searching for short 2-3 practices

Some content on Insight Timer is paid, but many individual guided practices can be accessed for free.

MAKE IT EASIER TO ACTUALLY USE

You might save one or two favorites somewhere easy to find.

- ☐ Add one to your phone's favorites
- ☐ Save the YouTube video
- ☐ Bookmark the webpage
- ☐ Add the practice to a morning or bedtime routine

You don't have to wait until you're overwhelmed

Practicing for a few minutes when you're already relatively calm can make the skill easier to access when you really need it.