



Brief Mindfulness Exercises

Whenever you notice yourself lost in thoughts or worries, or your body gripped by anxiety, or you find yourself overly reactive and irritable, we invite you to try one of these brief exercises. Even just for a moment.

Mindfulness of Breath

- Find a comfortable posture, close your eyes, and start by noticing the sensations of breathing. This may be around the nostrils or the rise and fall of the chest, or belly
- Choose wherever the sensations are strongest, inviting a sense of curiosity, and attend to the natural flow of the breath, without trying to change anything. Simply observing, moment by moment, one breath at a time.
- Every time your attention wanders, gently guide your focus back to the breath. Repeat.

Mindful Eating

- When eating a meal or snack, for the first few minutes, really focus on the experience.
- With each bite, noticing appearance, textures, smells, sounds as you bite into it, changing tastes and sensations as you chew and swallow.

Mindful Walking/Movement

- When walking, practice letting go of the destination for a few moments, and instead, connect with the sensations of walking.
- Slowing down to support awareness, attend to the sensations in each foot, heel to toe, as the weight shifts, and the muscles engage. Being as curious and attentive as the mind allows, moment by moment, step by step.

Body Scan

- Find a comfortable posture, sitting or lying down, and close the eyes. Gently connecting with the sensations of breathing.
- At your pace, direct your attention into the feet. Noticing whatever sensations may be present: tingling, pulsing, hot, cold, or perhaps a lack of sensation. Being as curious and open to the sensations, without seeking to change them.
- After connecting with sensations in the feet, slowly move the attention up the body, bringing the same gentle and open awareness to each area in turn: lower legs, to upper legs, etc, all the way up to the crown of your head.

Compassion - With a Friend

- Closing the eyes, and connecting with 3 deep belly breaths. Now, bring to mind an image of a person, pet or spiritual figure, with whom there is a loving relationship.
- Notice them looking at you and smiling, with warmth and love. Connecting with, and breathing in the heartfelt sense of support and appreciation. Breath after breath.
- If it feels ok, try sending them love and kindness on the outbreath. Receiving love on in-breath, and sending love on outbreath. When ready, gently say goodbye to the image, re-connect with the breath, and open the eyes.