

Mindfulness, getting started!



Mindfulness is the ability to be fully present in the moment. If you're feeling overwhelmed by what's going on or are worrying about what might happen, a short mindfulness session can give you time out to pause, rest your mind and help you feel better in the moment. Start by following these five steps for just a couple of minutes whenever you want to.

1

Get comfortable. Ideally find a quiet place where you won't be disturbed. Sit back in your chair, feel your spine against the back of it, keep your neck relaxed and place your hands on your knees or in your lap and your feet firmly on the ground.

2

Breathe deeply. Take five deep breaths, breathing in through your nose and out through your mouth and gently allow your eyes to close.

3

Settle into your body. Take a few moments to notice your feet touching the ground and where your body touches the chair. Acknowledge anything you can hear or smell.

4

Focus on your breathing. Breathing in and breathing out. If your mind wanders just acknowledge it, let your thoughts go and refocus on your breathing.

5

Start to become aware once more of your body in the chair, the sounds and smells around you and when you're ready slowly open your eyes and come back to the present.