

10 STEPS TO MINDFULNESS MEDITATION

01.

CREATE TIME AND SPACE

Choose a regular time each day, ideally a quiet place free from distraction.

02.

SET A TIMER

Start with just 5 minutes and ease your way up to 15-40 minutes.

03.

FIND A COMFORTABLE SITTING POSITION

Sit cross-legged on the floor, on the grass, or in a chair with your feet flat on the ground.

04.

CHECK YOUR POSTURE

Sit up straight, hands in a comfortable position. Relax shoulders. Close eyes or gaze downward.

05.

TAKE DEEP BREATHS

Deep breathing helps settle the body and establish your presence in the space.

06.

DIRECT ATTENTION TO YOUR BREATHING

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm.

07.

MAINTAIN ATTENTION TO YOUR BREATH

As you inhale or exhale, focus on the breath. Let go of thoughts, feelings, or distractions.

08.

REPEAT STEPS 6-7

For the duration of meditation session, the mind will wander. Simply acknowledge this and return to your breath.

09.

BE KIND TO YOURSELF

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open.

10.

PREPARE FOR A SOFT LANDING

When the timer goes off, keep eyes closed until you're ready to open them.

10 ONE MINUTE MINDFULNESS EXERCISES

SIT AND OBSERVE

Sit down somewhere outside and simply watch the world around you.

THE STOP METHOD

Stand up, Tune into your body, Observe physical sensations, imagine new Possibilities.

SET AN INTENTION

Take a one-minute pause in your day to decide how you want to move through the day.

DO A DOOR RESET

When you pass a door and enter a new space, use that as a chance to do a mindful reset.

MINDFUL EATING

When you catch yourself eating on autopilot, take 60 seconds to slow down and eat mindfully.

MINDFUL HUG

Ask a partner or a friend for a hug. Take three deep breaths together.
(Releases oxytocin!)

4-7-8 BREATHING

Breathe through your nose for 4 seconds, hold for 7 seconds, then breathe out for 8 seconds.

CLOUD WATCHING

Pick a cloud, or anything in your environment, and watch it for one minute.

MINDFUL LISTENING

Choose a piece of music you've never heard before. Listen to every element of it carefully.

MINDFUL BREATHING

Take 60 seconds to notice your breathing. When your mind wanders, bring it back.