



Mindfulness Practices

The instructions for the Mindfulness Exercises that we practiced are described below. Practice each of these once a day and notice how you feel afterwards.

1) Mindful Check-In

A few times a day, take a moment to pause and check in with yourself, using the following instructions:

1. Pay attention to your breathing for 3-5 full breaths.
2. Scan your body and notice where you are holding tension
3. Connect with your surroundings
4. Enjoy the sense of awareness

2) Mindful Eating

Once a day, when you are eating – take a few bites more mindfully. Notice the food that you are eating. Treat it like something new to you, and explore the texture, the taste, and the smell. Notice how it feels to chew the food. Notice that you swallow a bite. Notice how you feel in your belly.

3) Mindful Breathing

Being aware of your breathing for a period of time each day is one of the best ways to cultivate mindfulness. Breathing is a great thing to place your attention on because it is always happening in the present moment. Find a few minutes when you can be still and just notice your breathing. Notice how the air feels coming into your nostrils. Notice how deep your breath is. Notice if you are breathing fast or slow. You can practice this in a comfortable sitting position or you can practice for a moment wherever you are, no matter what you are doing, in the midst of a busy day.

4) Body Scan

We have recorded a 'Body Scan' meditation for you. You can download it from our website under Resources for Workshop Participants. Listen to and follow the instructions for the Body Scan a few times this week. It is ok if you fall asleep while listening – you may just need the rest.