

Breathing Mindfulness Exercise For Beginners

Time required: 5 to 7 minutes (daily)

1

Find a relaxed, comfortable position.

Sit in a chair or on the floor with a cushion, and rest your hands wherever they're comfortable. Try to keep your back upright, but not too tight. Keep your tongue on the roof of your mouth. Your eyes can be closed or opened, or you can maintain a soft gaze with eyes partially opened but not focused.

Notice and relax your body.

Allow your body to relax and become aware of the sensations it's experiencing. Think about what you are touching, the connection between the floor or your chair. Continue to relax any areas of your body that feel tight or tense and breathe.

2

3

Tune into your breathing.

Think about the rhythm of your breathing and its natural flow. Don't try to speed up or slow down your breathing, breathe naturally in and out. Notice where you feel your breath in your body — it may be in your abdomen, chest, throat, or nostrils. Notice the sensations of breath, one breath at a time. When one breath ends, the next begins.

Be kind to your wandering mind.

When your mind begins to wander, notice where it goes and what thoughts come forward. Don't judge your thinking, but try to gently redirect your attention back to your breathing.

4

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Stay here for 5 to 7 minutes.

Remain in this position for 5 to 7 minutes and continue to notice your body and breathing. It's natural to become distracted with your thoughts from time to time, when this happens simply return your attention to your breath.

Check in before you check out.

Before you get up, notice your body once more. Let yourself relax as deeply as possible and try to offer yourself appreciation for doing this exercise.

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