

MINI MINDFULNESS

Close your eyes and take some long, slow, deep breaths, breathing in through your nose, holding it, then breathing out through your mouth. Inhale the breath right down into your stomach. You may notice your mind wandering off. If you do, gently, without judgement, bring your attention back to your breath.

Take this time to fully focus on your body. Notice if there's one place in your body that is calling for your attention. Go there and really get curious. Take a couple of long, slow breaths right down into this place. Notice if anything happens to it as you do. No judgement, just noticing. Now take a couple more deep breaths and shift your attention, seeking out a place in your body that's 'silent' right now – a place you really have to go looking for. Again, when you find it, go there and get curious. Breathe right down into it, filling it up with new fresh air. Notice what happens to it as you do so.

Taking your attention back out to your whole body, notice the overriding emotion. Take a moment to stretch your body. Bring your focus behind your eyelids and pause for a moment. Open your eyes and adjust to the light when you are ready.

01

What did you notice?

02

What was the overriding emotion in your body?