



Set 2 minutes as a timer on your phone.

Sit in a balanced, upright and comfortable position. Become aware of where you are right now.

Feel both of your feet on the ground, feel the ground underneath you.

Feel the weight of the body on the chair.

Gently close your eyes. Take a few deep breaths in, breathing into your belly. In and out through the nose.

As you breathe out, begin to let go.

Take 3 or 4 deep breaths then just allow your breath to return to its normal rhythm.

Now even with your eyes closed, notice what you can see.

Notice what you can taste and smell.

Be aware of the breath as it enters and leaves the body.

Be aware of what you can hear – firstly, what you can hear inside the room. Then, what you can hear outside the room.

If you get distracted by your thoughts, that's okay, it's common to be distracted by your thoughts. Just unhook from the thought and come back to your breath.

Continue to use your breath as an anchor, when you notice your attention has wandered come back to your breath.

With the body relaxed and the mind clear, simply rest in this awareness for a few moments.

Begin practicing this everyday.

Mindfulness practice