



Simple mindfulness exercises

These are a few quick exercises, lasting about 30 seconds, to help you centre yourself during times of stress and connect with your body. Practise as often as you can through your day.

- **NOTICE FIVE THINGS**

Simply pause for a moment, look around you and notice five things you can see. Then notice five sounds you can hear. And then five things you can feel against your body, eg the feel of your clothes, the feel of the ground under your feet, the wind on your face, etc.

- **ONE CONSCIOUS BREATH**

This is good to do in moments of high stress or simply as a great habit to get into doing throughout your day. Pause, take a long, slow breath and follow the air in through your nose. Feel your lungs expand and your belly inflate. Then follow the air back out again. Make the outbreath as slow as you can, with your mouth open. Your aim is to keep your attention fully focused on the sensations of this one breath.

- **FULL BODY BREATHING**

A variation on the above exercise, which can be good for raising energy, is to close your eyes and imagine you have a hole at the top of your skull - like a whale's blowhole. Take a deep, slow breath in and imagine the air flowing in through this hole, down your face, across your shoulders, down your arms, your torso, your legs and breathe out through the bottom of your feet. Then reverse this: take a deep breath in through your feet, and feel the air flow up your legs, your torso, your arms, your throat.. and breathe out (with mouth open) as slow as you can through the hole in your head.

- **BODY AWARENESS**

To connect more with your body, pause what you are doing, close your eyes and notice where your legs and arms are and the position of your spine. For about 30 seconds, do an internal scan of your body from head to toe, noticing the sensations in your head, chest, arms, hands, abdomen, legs and feet.