

Mindfulness practice

Get in a comfortable position

1 Notice your breath

- Take a couple of deep breaths then let it return to a normal pattern
- Notice the air entering deep into your lungs and exiting through your nostrils
- Anchor your attention on your breath through gently guiding yourself away from thoughts that pop up

2 Slowly scan your body

- Sense how each part of your body feels
- Pain? Tightness or tension? Tingling? Itching? Warmth? Looseness? Relaxation? Peace?
- Head > Shoulders > Arms down to fingertips > back towards shoulders > down your spine > into your legs towards your feet.

3 Be kind to yourself if you are distracted by a thought

- Guide yourself back to your breath

"Mindfulness isn't difficult we just need to remember to do it." - Sharon Salzberg

