

5 Minute Mindfulness

If possible, have someone read out the following guided instructions as you try this practice. You can take it in turns to read out and lead the practice if you like.



- Find a comfortable position, with a relaxed but upright posture.
- Begin by tuning in to the sensations of feet in contact with the floor, and your body in contact with whatever you are sitting on. You can move a little to really connect with the contact.
- It can be helpful to take a few deep breaths to begin with, and then allow the breath to find its own rhythm – no need to control it.
- Notice where in your body this sensation of breathing is felt most vividly – maybe in the nostrils, chest, stomach or somewhere else. You can place a hand where this sensation is felt to help focus on this area if you like.
- See if you can continue to follow the sensations of breathing, following the entirety of an in-breath and out-breath as best you can. If your mind wanders, simply begin again.
- You will almost certainly notice your mind wandering. This is not a problem - it's totally normal. If this happens, just notice where it has gone and then gently guide your attention back to your breathing. You may have to do this many times!
- You can do this for as long as you wish, but try to make sure that you finish by extending your awareness to a sense of the whole body sitting in the space, just breathing.
- Try to end the practice by gently opening the eyes, allowing yourself to stretch and re-engage the muscles. Listen to what your body needs in terms of gently continuing with your day.

Why do this practice?

Becoming aware of the breath is a very simple tool to help you simply pause during a busy day.

It also helps you manage moments of stress, anxiety, and reactivity, as well as sharpening attention and concentration.

Practise settling your attention on the sensations of breathing. This gives you a place to anchor your attention, and when you find the mind wandering, you have a place to bring it back to.

You may have to do this many times when doing this practice, and that's OK. Every time just gently guide your attention back to the breath.

We are training the 'muscle' of our attention, it's therefore helpful to bring a little bit of kind, patient repetition when doing this practice.