

Mindfulness

We often spend too much time in our heads, worrying about everything, ruminating over mistakes, and obsessing about problems. Mindfulness is the act of being consciously aware of your surroundings, getting out of your head, and living in the moment.

Step 1. Practice Controlled Breathing.

Step 2. Attend to each of your senses.

Step 3. When you notice yourself thinking or worrying about something outside of the here and now, accept that this happens and is OK, then refocus on the present moment.

Step 1. Practice Controlled Breathing.

- Sit comfortably in a chair, feet flat on the ground, place one hand on your belly below your rib cage and the other on your chest.
- Breathe in slowly through your nose – the hand on your belly should move up when you breathe in and down when you breathe out; the hand on your chest should not move.
- Try to breathe more slowly when you breathe out than when you breathe in.

Step 2. Attend to each of your senses.

Sight	Sound	Smell	Taste	Touch
What do you see around you? What objects do you see? Describe colors and texture.	What do you hear? Concentrate on near and distant, as well as loud and soft sounds. Describe everything you can hear.	What do you smell each time you breathe in? Do you notice any smell when exhaling?	What does your mouth feel like? Do you taste anything? You may want to take a bite of something and then describe every aspect of that bite.	Describe your breathing, in & out. What do you feel on your skin? Notice your posture. What about internally – your heartbeat, muscles, aches & pains, relaxed body parts.

Step 3. Catch yourself straying from the present and refocus on the present by attending to your senses.