

Mindfulness Exercises



Mindfulness means living in the present moment and being intentionally more focused on what is happening in your surroundings – without judgement. Mindfulness encourages slowing down and letting negative thoughts pass before responding to situations. When you give yourself time to pause, you likely will notice a sense of calm and a greater awareness of your emotions. Mindfulness as a tool is beneficial for overall wellness and can be utilized at any time with noticeable results. Like anything new, it takes practice to become efficient at using mindfulness in times of need.

Mindfulness Exercise # 1: Meditation

Meditation has been one of the most popular and traditional ways to achieve mindfulness for centuries, so it tops the list of exercises to try. Meditation becomes easier with practice but it is perfect for beginners too. To begin, find a comfortable place free of distractions and simply sit quietly. If you find it is difficult to quiet your mind, shift your attention to the inhale and exhale of your breath. If thoughts continue to float into your mind and you notice that you are focusing on them, know that this is OK, it is normal.. When this happens, gently picture yourself sweeping them away and try to refocus your attention back on your breath. Wherever you are, you always have your breath and can use it to calm your mind. To start, set a timer for 5 minutes of meditative practice. What do you notice about how you feel afterward? How do you feel after practicing this exercise once per day for a whole week? If this 5-minute practice is manageable, consider increasing the length or how many times you practice each day. Change your meditative practice to fit your needs and abilities but try to observe the positive impact it has on your wellness.