

# 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 # 3: Listening to Music

Listening to music has many benefits – so many in fact, that music is used therapeutically in complementary medicine. Music can assist with stress management and it can lift your mood and reduce tension. To incorporate music into your mindfulness practice, listen to soothing new-age music, classical music or other types of slow-tempo music, preferably without lyrics. Once you have selected your music, get into a comfortable position and connect with your breathing. To make this exercise mindfully based, focus on the sound and vibration of each note, the feelings that the music brings up inside of your body and other sensations you might be experiencing while listening. If other thoughts creep into your head, congratulate yourself for noticing, and gently bring your attention back to the present moment and the sound of the music. Fully immerse yourself to help quiet your inner voice – relaxation will follow.