

# Mindfulness Practice

*Simple But Effective*

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## **Mindfulness practice**

A simple outline for a mindfulness practice can help you establish a routine and make it easier to incorporate into your daily life. Here's a basic outline you can follow:

Before reading this page, head to page three and read **Notes**.

**Set a Time:** Choose a specific time each day for your mindfulness practice. This could be in the morning, during a lunch break, or before bedtime. Consistency is key.

**Find a Quiet Space:** Select a quiet and comfortable space where you won't be disturbed. This could be a corner of a room, a comfortable chair, or even a spot outdoors.

**Posture:** Sit or lie down comfortably. If sitting, keep your back straight and your hands in your lap or on your knees. If lying down, keep your arms by your sides with your palms facing up.

**Focus on Breath:** Close your eyes and bring your attention to your breath. Notice the sensation of each inhale and exhale. You can focus on the rise and fall of your chest or the sensation of air passing through your nostrils.

**Mindful Breathing (5-10 minutes):** Engage in mindful breathing. If your mind starts to wander, gently bring your focus back to your breath. You can count your breaths or use a mantra if it helps.

**Body Scan (5-10 minutes):** Bring your attention to different parts of your body, starting from your toes and moving up to the top of your head. Notice any tension or sensations without judgment, allowing them to release.

**Observing Thoughts (5 minutes):** Allow your thoughts to come and go without getting attached to them. Imagine them as passing clouds. If your mind starts to wander, gently guide it back to the present moment.

**Gratitude (2-5 minutes):** Reflect on a few things you are grateful for in the present moment. This can help shift your focus to positive aspects of your life.

**Closing:** Slowly bring your awareness back to the present moment. Wiggle your fingers and toes, and when you're ready, open your eyes. Take a moment to appreciate the calm and centered feeling.

**Commitment:** Before ending, reaffirm your commitment to practicing mindfulness and acknowledge the benefits it can bring to your well-being.

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**Here's a simple outline for a 5-10 minute meditation practice suitable for beginners:**

**Find a Comfortable Seat:** Sit comfortably in a chair or on the floor with your back straight. Rest your hands on your lap or knees.

**Set a Timer:** Decide on a duration for your meditation, anywhere from 5 to 10 minutes. Set a timer to signal the end of your session.

**Close Your Eyes or Soften Your Gaze:** Close your eyes gently or soften your gaze if you're more comfortable with eyes open.

**Focus on Breath (2-3 minutes):** Bring your attention to your breath. Notice the sensation of each inhale and exhale. You can focus on the rise and fall of your chest or the breath entering and leaving your nostrils.

**Mindfulness of Breath (2-3 minutes):** Pay attention to the natural rhythm of your breath. If your mind starts to wander, gently guide your focus back to your breath. Counting breaths (inhale 1, exhale 2, and so on) can help maintain concentration.

**Body Scan (1-2 minutes):** Bring awareness to different parts of your body, starting from your toes and moving up to your head. Notice any sensations or areas of tension without judgment. Allow your body to relax.

**Return to Breath (1-2 minutes):** Redirect your focus to your breath. Observe the breath without trying to change it. Notice how your body moves with each breath.

**Closing Awareness (1 minute):** Expand your awareness to the environment around you. Slowly become aware of sounds, sensations, and the space you're in. When you're ready, open your eyes.

**Reflect (1 minute):** Take a moment to reflect on your experience. Notice how you feel compared to when you started. Appreciate the benefits of taking this time for yourself.

**Express Gratitude (Optional, 1 minute):** If you wish, express gratitude for the opportunity to practice mindfulness. Consider something positive in your life.

Remember, meditation is a personal practice, and it's okay if your mind wanders. The key is to gently bring your focus back to the present moment. As you become more familiar with meditation, you can adjust the duration and techniques based on your preferences.

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**Note:** You don't have to do mindful breathing, body scan, observing thoughts and gratitude all in the same sitting.

You can pick and choose. Once you have started to build a habit of sitting and being mindful you can add and lengthen the amount of time you spend. Start small and don't overwhelm yourself. Little and often will be a great place to start, making it more manageable and increasing the likelihood of you being consistent.

Remember, the key is consistency. Even if you only have a few minutes each day, regular practice can lead to increased mindfulness and a sense of calm in your daily life. Adjust the duration and components of the practice based on your preferences and available time.