

Mindfulness exercise

- Sit quietly in a comfortable position, or take a slow walk. Observe the present moment as it is.
- Pay attention to the thoughts and sensations you are experiencing.
- Let your judgments and criticisms roll by. If you find your mind drifting to a past event or a future to-do list, recognize that your mind has wandered. Gently bring it back to the present.
- Focus on your breath, your feet on the ground or your body in the chair.
- Keep your mind in the “now” and try to stay there for at least five minutes.

What is mindfulness?

Mindfulness is “moment to moment awareness of one’s experiences without judgement.” It has many benefits including less stress, increased focus and better working memory. Find a quiet and calm space to start practicing mindfulness. It may feel strange at first, but you can start small with a five-minute exercise and work up to larger chunks of time.

