



mindfulness exercises

mindful breathing:

Purpose: To anchor attention to the breath, fostering relaxation and awareness

Instructions:

- Find a comfortable seated position or lie down.
- Close your eyes and bring attention to your breath.
- Inhale slowly through your nose, counting to four.
- Exhale through your mouth, counting to six.
- Repeat for several breath cycles, focusing on the sensation of each inhale and exhale

body scan meditation:

Purpose: To bring attention to different parts of the body, releasing tension and promoting relaxation

Instructions:

- Lie down in a comfortable position.
- Close your eyes and bring awareness to your toes.
- Gradually move attention up through each part of the body, releasing tension as you go.
- Notice sensations without judgment.
- Complete the scan with attention to the crown of your head

five senses grounding:

Purpose: To engage the senses and bring attention to the present moment

Instructions:

- Notice five things you can see.
- Acknowledge four things you can touch.
- Be aware of three things you can hear.
- Recognise two things you can smell.
- Identify one thing you can taste or imagine a pleasant taste

mindful walking

Purpose: To practice mindfulness while walking, bringing attention to each step

Instructions:

- Choose a quiet space for walking.
- Begin walking at a slower pace than usual.
- Pay attention to each step, the sensation of your feet lifting and touching the ground.
- Notice the movement of your body as you walk.
- If your mind wanders, gently bring it back to the sensation of walking

loving-kindness meditation

Purpose: To cultivate feelings of love and compassion toward oneself and others

Instructions:

- Sit comfortably with your eyes closed.
- Begin by extending feelings of love and kindness to yourself.
- Gradually expand these feelings to loved ones, acquaintances, and even those you may find challenging.
- Wish each person well, saying phrases like "May you be happy, may you be healthy"

