



How to Practice Mindfulness

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit with your legs crossed, or lay down, however is comfortable for you.

4

Tune into your breath. Follow the sensation of your breath as you breath in and as your exhale out.

5

Notice when your mind has wandered. When you begin to notice this - simply return your attention back to your breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of your thoughts. Simply come back to your breath.

