



HOW TO PRACTICE

MINDFULNESS



TAKE A SEAT

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



SET A TIME LIMIT

If you're just beginning, it can help to choose a short time, such as 30 seconds or 1-5 minutes.



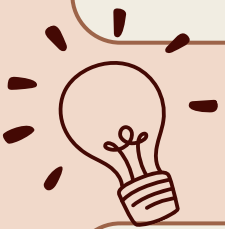
NOTICE YOUR BODY

You can sit wherever you want, in whatever position you prefer. Notice the physical sensations that arise.



FEEL YOUR BREATH

Follow the sensations of your breath as it fills you up and releases from the body.



NOTICE WHEN YOUR MIND HAS WANDERED

This will happen and it's OK. When you notice it, kindly return your attention to the breath. Repeat.



BE KIND TO YOUR WANDERING MIND

When our mind wanders, consider it a gift; another opportunity to notice and reconnect with the present.

