

Mindfulness meditation

Find a place where you can sit or lie down undisturbed for a few minutes. To begin, you might want to set a timer for around ten minutes, but don't be too concerned about exactly how long to meditate.

Begin by noticing your breathing. Pay attention to the breath as it enters and leaves your body.

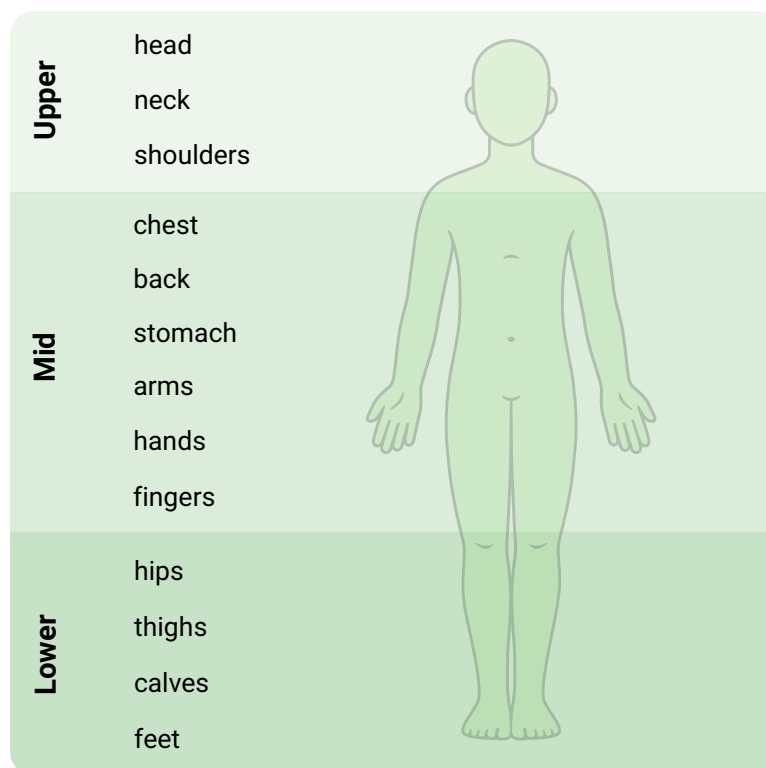
Before long, your mind will wander, pulling you out of the present moment. That's okay. Just notice when this happens and gently return your attention to your breathing, again and again.

At times, you might feel bored, frustrated, or distracted. This is normal. Again, just notice when this happens and keep returning your focus to your breathing.

Body scan

During this exercise, you will pay attention to the physical sensations in your body. The goal isn't to change or relax your body, but simply to notice. Don't worry about how long you practice, just move slowly through the exercise.

Slowly move your attention up your body, lingering on each body part. Just notice the sensations of each one, such as warmth or coolness, pressure, pain, tension, or the air on your skin.



After you travel up your body, slowly move back down through each body part until you reach your feet again. Remember to go slowly and pay attention to whatever sensations arise.

5 Five senses

Use this exercise to quickly ground yourself in the present moment. The goal is to notice what you are experiencing with each of your senses.

The numbers for each sense are only suggestions. You can also try this exercise while doing an activity like washing dishes, listening to music, or going for a walk.



What are 5 things you can see? Look around and notice five things you hadn't noticed before, like a pattern in the wallpaper, the quality of light, or a small object in the corner of your vision.



What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your clothing on your body, or the temperature on your skin. Pick up an object and notice its texture.



What are 3 things you can hear? Notice all the background sounds you may have overlooked, such as an air conditioner or heater, birds chirping, or traffic on a distant street.



What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell. Simply notice what you smell, without judgment.



What is 1 thing you can taste? Pop a piece of gum in your mouth, sip a drink, eat a small snack, or simply notice how your mouth tastes.

Mindful eating

Choose a food you can hold in your hand without getting messy. Something as simple as a single grape or cracker will work well. Move slowly through the following steps:

1. **Before you pick up your food, notice how it looks.** Notice its color, size, shape, and texture.
2. **Now pick up the food and notice how it feels in your hand.** Is it warm or cool, heavy or light? Roll it between your fingers and feel its texture. Is it smooth, dry, slick, soft, firm, or something else?
3. **Hold the food up to your nose and note its smell.** Does it smell familiar or have an unexpected smell?
4. **Next, place the food in your mouth, but don't eat it.** Pay attention to how it feels in your mouth and on your tongue. Does the texture feel the same as on your hand? What do you taste? Roll the food around in your mouth and pay attention to all the sensations.
5. **Finally, slowly chew the food.** Notice how your teeth sink into it and how the texture changes. Pay attention to the flavor and how it spreads across your tongue. Does your mouth fill with saliva? Does your tongue feel warm or cool? Continue to chew and then swallow your food, paying attention to any other sensations.

Reflect on your experience and how it differed from your normal way of eating.