

Mindfulness 1
Three minute breathing space

Start by settling yourself into your chair as best you can.

If you feel comfortable to do so, close your eyes or lower your gaze to the floor.

Now just take two deep slow breaths in your own time (pause)

Notice your feet on the floor, the sensation of pressure through your feet...

Now notice the backs of your legs against the seat of the chair...

Notice the sensation of your back against the back of the chair...

Notice the weight of your arms and the feel of your hands against your thighs or resting on the table...

Bring your attention to your breathing...

Notice where you feel it – maybe the warmth on your upper lip as you breathe out... or the sensation in your throat... or the movement of your belly as you allow the air to flow in and out...

Just spend a moment observing your breathing, without trying to change it.

Don't worry if your thoughts wander off to other things... that's normal. Just gently guide them back to your breathing (pause for few breaths)

Start to notice the sounds around you (bring in any sounds that you can hear e.g. birdsong, cars, doors banging – if it's an annoying noise add in 'just let the noises be')

Become aware of the people around you and when you're ready slowly open your eyes.

You might want to have a stretch, wriggle your toes / fingers or even yawn.