

SOME SIMPLE MINDFULNESS PRACTICES

5 X 5 MEDITATION PRACTICE

Use this simple mindfulness meditation practice to get you present and back to now any time you are feeling stressed, anxious or overwhelmed. You can do this anywhere either walking around or sitting still, on a bus or when you are lying down.

1. Take a few slow deep breaths, then simply notice your breathing without trying to change it in any way.
2. Look around you and name the first 5 things you see with your eyes.
3. Focus on hearing and notice and name the first 5 things you can hear.
4. Focus on your body and notice and name the first 5 things you can feel. (i.e. the feeling of air on your face, the fabric of your clothes against your skin, the sensation of the chair beneath you, etc).

The next two are harder to do and may take a little time but if you have the time to sit and just notice you will find more and more things coming to the forefront of your awareness.

5. Focus on your sense of smell and see if you can notice 5 distinct smells around you. (If 5 is too hard, just try to notice what smells there are around you).
6. Focus on your sense of taste and notice what you can taste. If you have some food handy, take a bite and really savour and notice everything about it from texture, flavour, smell, dryness or moistness, etc.

BREATH IN, BREATH OUT

Sit comfortably, preferably in a chair, with both feet on the ground and hands in a relaxed position on your lap.

Take a really deep breath, focusing on really filling up your lungs as much as you can and then just let go and notice how the breath comes out on its own.

Do this around 5 times.

Next. Take a deep breath in, not quite as deep as before but this time really try to push all the air out of your lungs on the out breath. Really try to get out the last bit of breath, then, notice how your lungs just naturally fill up again without you having to do much.

Do this about 5 times.

Then, just notice your breathing without trying to change anything about it for about 1 - 5 minutes. Just notice your breath coming in and going out without you having to do a thing.