

# MINDFUL MOMENTS

Mindful breathing is a simple but powerful act that works well on its own or as an introduction to calmer activities.

**Time:** 5-10 minutes.

**Equipment required:** An open space, mats or cushions, meditation music.

## Benefits:

- Promotes relaxation for the body as well as rest for the mind.
- Enhances cognitive functioning (including memory, concentration and performance).
- Improves emotional regulation.

## PREPARATION

1. Dim the lights and cover the windows.
2. Put on some ambiance/meditation music and take a moment to be quiet and relaxed.
3. Get yourself in a comfortable position. You could be lying on your back or sat up with your legs crossed.
4. Understand that breathing is important for your mind and emotions, and that controlled breathing can help you calm down.

## THE EXERCISE

1. Begin by breathing slowly and deeply. Deep breath in, slow breath out.
2. Put a hand on your belly. You will be able to feel the rise and the fall of your breath.
3. After five breaths, guide yourself to any thoughts and feelings you may have.
4. Imagine that the thoughts and feelings are bubbles, floating away with each breath.
5. Stay like this for as long as is right, repeating the cues to feel each breath and let go of your thoughts.

## HOW DO YOU FEEL AFTER BEING MINDFUL...

