

Mindfulness for the Busy Person

Mindful Shower:

- Take a 'mindful shower'.
- Slow your breathing.
- Notice the water on your skin, the smells, the noises, feel the presence of your feet on the ground. Feel the different temperatures with your skin under the water, and out in the air.
- Use this method every time you shower to 'be mindful' and present in the current moment. This helps to switch your brain into repair mode.

5 Minute Breathing Exercise:

- "Breath around the rectangle"
- Take a breath in and then exhale out slowly but fully.
- Imagine a rectangle, and breathing through the nose, take a breath in for the count of 4 (up the left side of a box), then release slowly and evenly out through the nose for a count of 6, then in for 4 seconds, and out for 6 seconds.
- Repeat this process 3 to 4 times, and attempt to complete "breath around the rectangle" twice a day or when feeling overwhelmed.

Walking Meditation:

- Choose a small walk near to your house, or your place of work, 10-15minutes, ideally away from major roads or distractions, and leave your phone at home.
- Begin the walking meditation by actively turn your attention to your breathing: Breathe in through your nose, and out through your mouth.
- Turn your awareness to your physical body and notice the sensations, working down from your head to your face, neck, shoulders, arms, hands, torso legs, and feet, working down the body finally noticing the ground underfoot.
- Become aware of any movements your body is making and be mindful of how this feels: Is your body warming up? Can you feel your joints moving? Notice and accept how you feel in this moment.
- Towards the end of your walk, start to notice your physical surroundings, start with smell: try and pick out three different scents. Then notice any sounds and make a mental note of three different noises and try to identify them. Finally, begin to focus on your surroundings and pick out three factors you notice.
- Before completing the walk, take a moment to notice and accept how you feel in this moment.