

4 SIMPLE MINDFULNESS PRACTICES

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BODY SCAN

- Sit in a comfortable position, eyes open or closed.
- Slowly move attention from the tips of the toes, up the body, noticing any physical sensations that are present as you go.
- Any time your mind wanders, no big deal. Just return to the physical sensations in your body, wherever you left off.
- Optional: feel free to use mental labels to keep track of where you're focusing, saying each body part in your head as you go along (e.g. "toes, feet, ankles, shins, calves, etc.").

MINDFULNESS OF SOUND

- Sit in a comfortable position, eyes open or closed.
- Begin to notice any sounds around you.
- Listen carefully to each one—its volume, texture, and position in space. Notice the vibrations that make it up. Is it moving or still? Is it changing in any way?
- If your mind begins thinking *about* the sound (what it is, stories about it, images, etc.) just return to the sound itself, listening carefully.
- Optional: see if you can focus more and more subtly, noticing the quietest sounds you can hear, or the ones farthest away.
- Optional: see if you can notice the moment when each sound *ends*.
- Optional: feel free to use a mental label to acknowledge each new sound, saying "hear" every time a new sound arises, and/or "gone" every time a sound disappears.

MINDFULNESS OF WALKING

- You can choose to walk at a normal pace, or extra slowly.
- Pay as much attention as possible to the feeling in your feet—the sensation of each foot lifting, swinging, and touching the ground.
- If you notice your mind wandering, come back to the specific sensations of your feet in motion. No need to stop thinking from happening, just don't pay attention to it.
- Optional: feel free to use mental labels to acknowledge the motion of the feet, saying "lifting, swinging, placing" in your head with each step.

S.T.O.P. PRACTICE

- You can do this practice any time, anywhere.
1. **Stop** what you're doing.
 2. **Take** a few deep breaths.
 3. **Observe** your experience as it is – including thoughts, feelings and emotions.
 4. **Proceed** with something that will support you in the moment (take a break, talk to a friend, rub your shoulders, etc.)