

# Mindfulness Exercises



## Taking it EASY



You don't have to be kneeling on a mat or sitting in a candle-lit room – in fact there is not need to work hard or be uncomfortable to meditate. Try the E.A.S.Y. approach (short for Embrace, Accept, Surrender, Yield):

1. Sit comfortably (like you are watching your favourite Boxset)
2. Use an easy-to-see timing device but ideally not an alarm.
3. Calculate your finish time (aim for 10 – 20 minutes)
4. Passively think the sound ah-hum.
5. Let yourself simultaneously get lost in your thoughts.
6. When you remember that you are meditating, passively begin thinking ah-hum again.
7. Peek freely and often at the time
8. Once you're done, wait a minute or two before opening your eyes.
9. Come out slowly.

## Mindful breathing



Focusing on breathing is key to mindfulness. Use the cloud metaphor for allowing your thoughts to float away. Begin with just 5 minutes a day and then gradually increase to 20 minutes if you can:

1. Sit in a comfortable position, eyes closed.
2. Inhale for a count of two; hold your breath for a count of four, then exhale for a count of eight
3. Repeat this cycle five times, then begin to breathe naturally focusing on your breath without trying to control it.
4. When a thought enters your mind, label it. For instance, if you have a thought about what you have to do later today, say to yourself in your mind "I'm having a thought about what I have to do later today", If you have a thought about what you will have for dinner tonight, label that thought accordingly. Don't judge any of the thoughts that come to you, simply label them.
5. Imagine a cloud floating by in front of you. As the cloud is floating by, imagine physically taking your thought out of your mind and placing it on the cloud. Then watch your thought float away.

Return your attention to your normal breathing. Continue to breathe until the next thought enters your mind. Label this thought and then place it on a cloud and watch it float away. Repeat this process for the next five minutes. Try to do this for five full minutes to allow yourself to experience mindfulness.

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