

MINDFULNESS QUICKSTART GUIDE

BREATHE

Here is a mindful breathing exercise you can practice anywhere.

1. Notice your body's position. Are you sitting, standing, or lying down?
2. Breathe however feels right for you. Through the nose? The mouth? Just notice.
3. Focus your attention on your breath.
4. If your mind strays from your breath, gently bring your awareness back.
5. Do this as long as you like. Maybe it's just a few breaths at first. That's great!

Remember: Try not to judge distractions and thoughts or get angry at them. Just notice them, let them pass, and keep bringing focus back to breathing.

PRACTICE

Here are a few things you can practice during your day to get you started.

1. **Really wash a dish.** Squeeze the soapy sponge in your fingers. Is the water hot? Cold? What sound does a dish make when you put it in the drying rack or on the counter? How do you feel after you've completed the task?
2. **Give someone your full attention.** Talk to a friend, ask them how they are, and really listen. Give a co-worker your complete attention in a meeting or at lunch. Pretend that nothing else exists in the world but that person. Reflect on the experience. Did you react differently than you normally would to certain things? Did you feel differently after interacting with that person than you usually do?

3. **Eat with focus.** Chew your food well. Move it around in your mouth so it touches every part of your tongue. Is it sweet? Salty? Bitter? Is a meal more satisfying when you give it your attention? Did the amount you ate change?

WRITE

Here are some journaling prompts to help immerse you in the moment.

1. Right now, I'm grateful for ...
2. In this moment, I'm feeling ...
3. The thoughts going through my head right now are ...

BRING IT ALL TOGETHER

Now that you have a breathing exercise, daily mindfulness practice ideas, and journaling prompts, you can bring it all together.

1. Practice your mindful breathing technique any time during the day.
2. Approach your daily activities with a mindfulness mindset – really focus on them!
3. Keep a journal by your bed or on your coffee table, and jot down some thoughts.
How are you feeling or what are you grateful for right here, right now?

For more tips you can use right now, join me on Instagram @japlosker.