

One-Minute Mindful Practices



HERE AND NOW

Let's practice *Here and Now*

Find a posture that feels comfortable yet alert.

Close your eyes or leave them open.

Feel your breath moving in and out.

With your next inhalation, mentally say the word "HERE," and with your next exhalation, mentally say the word "NOW."

Continue "Here and Now" on your own. (15 seconds)

Take a deep breath in and exhale slowly.

30 SECONDS OF SILENCE

Let's practice *30 Seconds of Silence*.

Find a posture that feels comfortable yet alert.

Close your eyes or leave them open.

Feel your breath moving in and out.

I will watch the time as we practice *30 Seconds of Silence*. (wait 30 seconds)

Take a deep breath in and exhale slowly

BODY SCAN

Let's practice *Body Scan*.

Find a posture that feels comfortable yet alert.

Close your eyes or leave them open.

Without moving them feel your feet and legs.

Bring your attention to your belly.

Feel your arms and hands.

Bring your attention to your head.

Rest here for a moment. (15 seconds)

Take a deep breath in and exhale slowly.

IN~OUT BREATHING

Let's practice *In~Out Breathing*.

Find a posture that feels comfortable yet alert.

Close your eyes or leave them open.

Feel your breath moving in and out.

As you notice the feeling of your "in" breath, mentally repeat the word "In," and as you notice the feeling of your "Out" breath, mentally repeat the word "Out."

Continue *In~Out Breathing* on your own. (20 seconds)

Take a deep breath in and exhale slowly.

EXTERNAL GAZING

Let's practice *External Gazing*.

Find a posture that feels comfortable yet alert.

Feel your breath moving in and out.

Choose one object to look at.

Keep your gaze steady and relaxed. (25 seconds)

Take a deep breath in and exhale slowly.