



Mindfulness Meditation Handout

Whilst there are many ways to practice Mindfulness, formal sitting **Meditation** is probably the most popular. **Mindfulness Meditation** involves paying attention and being in the present moment without judgment.

That doesn't sound too difficult, how do I do this?

To practice **Mindfulness Meditation** you might like sit in a comfortable position. Close your eyes and count slowly from 10 – 1 breathing in time with each count. Your mind should feel a little calmer. Now we will begin!

Mindfulness begins when we are in the present moment. To come to the present it is best to try and focus on your breath. Just sit as still as possible and focus on your breath. You might find at times your mind wanders. This is normal. Whenever you notice that your mind has drifted off, gently and without judging yourself, resume focusing solely on your breath.

Try this technique for 5 minutes and increase it every day for 1 minute. It get's easier over time so if you find it hard initially you are HUMAN!