

1 Minute of Mindfulness

Awareness of thoughts

Sit comfortably and breathe naturally. Notice your relaxed natural breath. Continue to breathe naturally.

After a few rounds of breath, become aware of any thoughts you are having. Notice the thoughts.

Are there any feelings/emotions associated with them?
Do you think in words, images, colours, black and white?

Are there any gaps in your thoughts?

Every time you are consumed or lost in a thought, make a note of it and try to return your attention to observing your thoughts.

Our brains love to think!

Mindfulness is about being aware of getting lost in thoughts and trying to bring our attention back to the present.

We may have to pull ourselves out of thoughts hundreds of times. The aim is to notice when we are lost and act without judgement.

When you are ready, slowly open your eyes.