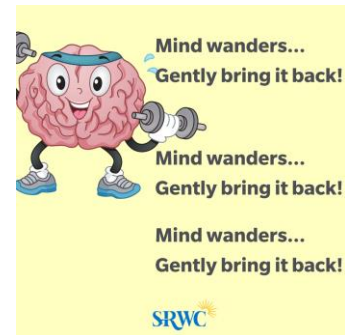


5 Mindfulness Activities

Wandering Mind

Everyone's mind wanders when being mindful. It's normal, and nothing to feel bad about, no matter how often it happens. In fact, each time the mind wanders and is brought back is like a "rep" that builds your "mindfulness muscle".

- Notice the mind has wandered,
- Gently re-direct it back to the activity.



Meditations

1. Body Scan

In this activity, you will pay close attention to physical sensations throughout your body. The goal isn't to change or relax your body, but to become more aware of it. Don't worry about how long it takes, but you do want to take your time.

Start by paying attention to the feelings in your feet. Do they feel warm, cool, do you notice any discomfort, or pain?

Slowly move up your body. Move your attention from your feet to your head a section at a time.

- | | |
|------------|--------------|
| a) Legs | f) Shoulders |
| b) Pelvis | g) Arms |
| c) Stomach | h) Hands |
| d) Chest | i) Neck |
| e) Back | j) Head |

Spend some time on each of these body parts, just noticing the sensations.

Then, move your focus back down your body in the same order. Remember: move slowly, and just pay attention.

2. Focus on Breathing

We are always breathing, but most of the time aren't paying attention to it. This makes breathing a useful tool for staying focused on the present moment.

Start with taking a few deep breaths, then allow yourself to breathe naturally.

Notice the feeling of air as it passes through your nose or mouth.

Feel the rise and fall of your belly and torso.

Hear the sounds that accompany each inhale and exhale.

When your mind wanders, just notice it, and gently turn your focus back to breathing.

No Patience for Meditation?

Not everyone has the patience to sit for a formal meditation. You may want to practice mindfulness in daily activities instead. This could include:

3. Mindful Walking

Next time you walk somewhere, try not to rush. Take your time, and notice how your body moves while you walk. Notice the environment you are walking through. Smell the smells. Hear the sounds. See the things you pass by.

4. Mindful Eating

Next time you eat, bring your full attention to the food.

Before eating, see how it looks on the table in front of you. Notice its colour, how the light reflects from its surface, and its size.

As you pick it up notice the weight, and how the food feels against your skin. Notice its texture, and its temperature. Pay attention to its smell.

When eating, observe how it feels in your mouth. Notice how your teeth sink into it. Pay close attention to the flavor, and how it spreads across your tongue. Notice how your body changes-- does your mouth fill with saliva? Does your tongue feel hot or cold?

5. Good Morning

Instead of having your thoughts spin off to the day ahead, try starting mindfully.

As you wake in the morning, bring your attention to your breathing. Take mindful breaths. Focus on your breathing and notice the effects of breathing throughout your body.

Guided Activities

You can also find guided meditations on [SRWC's YouTube channel](#).

Tip: You don't have to jump right in and meditate for 30 minutes. Try sitting for 5 minutes, or do a meditation before bed. It's OK to keep it short, especially when you are first starting out.