

Three Helpful Mindfulness Techniques

(a good primer for learning to meditate)

Simply put, mindfulness is being present (mind and body) in the moment. The more 'in the moment' we can be, the less we are at the mercy of nagging worries and anxiety.

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1. Breathe

Clear your mind and focus on your breath - here is an effective way that doesn't rely on counting.

- Pretend that instead of lungs, the air you breathe in enters a balloon in the center of your belly. As you breathe in, visualize filling that balloon.
- As you breathe out, visualize that balloon expelling all of the air until it is flat (balloons do not respond well to force - they expel the air without assistance - completely).
- Repeat this breathe at least three times.

Notice how you feel.

2. Notice

Do this after, before, or instead of the breathing exercise (above):

- Name three things in your environment that you can see (a cup, a clock, a tree)
- Name three things in your environment that you can feel (the chair, the keyboard, your keys)
- Name three things in your environment that you can hear (cars outside, birds chirping, dog snoring).

Notice how you feel.

3. Go with the flow

In any particular moment or situation, notice how you feel, or what you are thinking about. Simply notice it, like it is happening to someone else.

Notice how you feel - release all judgement towards your feelings and thoughts.

**PRACTICE ALL OR ANY OF THESE TECHNIQUES SEVERAL TIMES A DAY.
WE GUARANTEE YOU WILL BE WELL ON YOUR WAY TO BEING A MORE MINDFUL PERSON AND
CONQUERING YOUR WORRY.**