

## Guided Meditation

**Directions:** Below is the script from the guided meditation video you just watched. Review it and conduct your own body scan. Then answer the reflection questions below.

- Begin by finding a comfortable seated position in a chair.
- You can close your eyes if that's comfortable for you.
- Drop out of the mind and into your body.
- Notice your body however you're seated. Notice how it feels.
- Take a few deep breaths. In through the nose. And out through the mouth.
- Focus on breathing slowly and deeply. Notice where your breath enters the nose and how it travels through your body. Down through the lungs. And back out.
- Now you can bring your attention to your feet.
- Notice the sensations of your feet against the floor, the weight and pressure on your toes, the bottom of your foot, or the top of the foot.
- You can notice your legs against the chair and feel the chair as it supports your body.
- Notice the way your back presses against the chair. If you notice any discomfort, just let that go.
- Bring your attention to your stomach.
- If this area is tense or tight, let it soften. Take a few deep breaths.
- Now bring your attention to your hands. Notice if you're holding any tension. See if you can allow them to soften and relax.
- Notice your arms. Feel any sensations or weight in your arms.
- Now try to relax and soften your neck and shoulders.
- Now bring your attention to your face. Notice if there's tension anywhere — maybe in your jaw or forehead. Soften these areas. Let your muscles relax.
- And now, bring your attention back to your whole body, to any sensations that arise.
- Take a few more deep breaths. Be aware of your whole body as best you can.
- And then when you're ready, you can open your eyes.

# Mindfulness

## Guided Meditation

**Reflection:** Write or discuss the following questions:

1. How do you feel after completing this meditation?

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2. Did you notice anything that you hadn't been aware of before?

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3. What is it like for you to sit in stillness?

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4. How and when might you use this practice in your own life?

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## Mindfulness Exercises

**Directions:** Choose one or more mindfulness exercises to practice. Then answer the reflection questions.

**Count Your Breaths:** Take deep breaths in through your nose and out through your mouth. To increase your focus, count your breaths until you get to 10, and then start over.

**Listen Mindfully:** Pick a song to listen to mindfully. Focus your attention fully on the song — the lyrics, the melody, etc. Try to notice parts of the song that you haven't noticed before.

**Mindful Eating:** Focus your attention fully on what you're eating. Pay attention to your five senses — notice what your food looks like, smell it, touch it, listen for any sounds, and then slowly eat it. Pay close attention to all the flavors.

**Notice Sensations:** Hold your arms straight out in front of you for two minutes. Notice what sensations arise, any urges you feel, and any judgments you may have about yourself or the exercise. Stay fully focused on what is happening in your body.

**Mindful Walking:** Take a short walk and focus your attention solely on the experience of walking. If your mind wanders, gently bring it back to sensations in your legs and the process of moving your body.

**Notice Your Surroundings:** Take two to three minutes to focus fully on everything in your immediate environment. Use your five senses to notice what you see, sounds you hear, smells that may be present, etc.

**Find a Guided Meditation:** There are many mindfulness apps and free guided meditations you can find online. Look for one that interests you and follow along with the guided mindfulness practice.

## Mindfulness Exercises

**Reflection:** Write or discuss the following questions:

1. Do you notice a difference in how you were feeling before and after doing the mindfulness practice?

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2. How will you incorporate mindfulness into your daily routine?

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3. What aspects of mindfulness are most helpful to you?

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