



## HOW TO PRACTICE

# MINDFULNESS



### TAKE A SEAT

Find a place to sit that feels calm and quiet to you.



### SET A TIME LIMIT

If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.



### NOTICE YOUR BODY

You can sit wherever you want. Just make sure you are stable and in a position you can stay in for a while.



### FEEL YOUR BREATH

Follow the sensation of your breath as it goes out and as it goes in.



### NOTICE WHEN YOUR MIND HAS WANDERED

When you get around to noticing this, simply return your attention to the breath.



### BE KIND TO YOUR WANDERING MIND

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.