

Mindfulness Group

Meeting 1

Exercises to Take Home

Although mindfulness is, by nature, not 'goal-oriented', it is important to practice regularly in order to reap the benefits. Please try out the following mindfulness exercises on your own and be prepared to share your experience next month!

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Breathe using diaphragmatic breathing for two minutes.

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Try "Mindful Eating" (instructions attached)

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Pick a natural organism - a flower or an insect, the clouds or the moon - and focus on watching it for a minute or two. Don't do anything except notice it, but really notice it. Look at it as if you are seeing it for the first time.