

# Mindfulness Group

## Meeting 2

### 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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Increase diaphragmatic breathing to 10 minutes.  
Turn on some soothing music if it's too difficult to do in silence.

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Walking mindfulness exercise. See attached *"Walk This Way."*

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Take an everyday activity – brushing your teeth, doing dishes, exercising – and really focus on it. Turn off the radio, television, music - don't watch the clock. Pay attention to every aspect of your task.