

Starting a Mindful Practice

- Set aside some time (formally or informally).
- Simply breathe naturally.
- Focus on your breath or music, or stare at something you enjoy; e.g., picture, flower.
- Be kind to your wandering mind - come back to the moment each time it may wander.
- Doing gentle forms of movement (walking) where movement guides you.
- Start with 5 or 10 minutes and grow the time to at least 20 minutes.
- Additionally try to do 2-5 minutes of meditation throughout the day.