



Wellbeing
for
individuals
and
organisations

Liz

O'Brien

Mindful Meditation Exercise

How and Why to use it

Mindful Meditation Exercise

Mindfulness is attention training

Benefits

You will notice positive changes very quickly, as well as long-term, cumulative benefits:

- Improved mental & physical energy & resilience
- Reduced stress & reactivity to issues
- More relaxed, rested & alert
- Improved attention, focus, efficiency & performance
- Improved sleep

Preparation & Posture

- Choose a regular time of day that you works best for you
eg before breakfast; a lunchtime 'top up'; before bed to help you sleep
- You can use the MP3 which runs for about 12 minutes, or when you're familiar with it, just take yourself through the process for whatever length of time you wish
- Try 5 - 10 minutes, once or twice a day; before meals is best, to avoid sleepiness
- Or use it just before bed, or in bed, to help you relax and fall asleep

- Sit comfortably on an upright chair, feet flat on the floor, hands resting in your lap, and your spine gently erect OR sit cross-legged if you prefer
- Wear comfortable, loose clothing
- A room that is warm but not stuffy, have enough fresh air
- A room that is not too bright or too dark - but anywhere will do!
- Let others know you don't want to be disturbed
- Put your phone on silent
- Set a timer or alarm so that
 - you won't worry about falling asleep
 - you don't need to keep checking the time
- Have a drink of water, go to the toilet.... whatever will let you then relax

Don't wait for the perfect time and place to meditate - just do it!

Mindful Meditation Exercise (continued)

How to meditate

Your mind will wander - that's ok, it's normal!

When you notice that your attention has wandered off, or thoughts intrude, or a noise interrupts, then simply let go of those thoughts & just gently bring your attention back to your breath.

- Use an upright comfortable chair so your spine is relaxed & gently upright
- Sit in an open posture, feet flat on the floor, hands resting in your lap, eyes softly closed
- Take 3 slow, deep breaths in & out.... then let your breath find its own rhythm
- Become aware of your body in the chair ... feet in contact with the floor ...
- Starting with the feet, feel the sensations in the feet ...
- Slowly shift your attention as you scan through the parts of the body ...
- ... until you reach the top of your head
- Notice how still & relaxed you feel
- Now become aware of the breath at the nostrils
- Let your attention rest gently with the breath for as long as you wish
- Relax, & be aware of how relaxed you feel
- To finish, take a deep breath in and out, open your eyes & gently move into your day...