

## **Tip Sheet: Try a Type of Meditation called “Mindfulness Meditation”**

Graphic display: Picture of a person sitting cross-legged on the ground, eyes gazing downwards

Instructions:

Sit on a straight-backed chair or cross-legged on the floor. Let your breathing become slow and regular. Inhale through your nose and exhale through your mouth, nice and slowly for a few breaths to center yourself. Start to focus on your breathing, becoming aware of each breath.

Now breathe easily through your nose – in and out. You may also become aware of your abdomen rising and falling with each inhale and exhale. Keep your focus on your breathing. Try to focus your gaze downwards, a couple of inches in front of your nose. Keep your eyes open comfortably, gazing softly.

If you notice yourself thinking about other things, very gently guide yourself back to focusing on each inhale and exhale. If distracting thoughts arise, tell yourself: “that may be an important issue in my life but right now I’m practicing meditation”.

Try to put aside all thoughts of the past and future and stay in the present.

Do this for about 10 minutes.