6 Simple Mindfulness Exercises

**Mindful Breathing -** Just be still and breathe! Breathe in through your nose and out through your mouth slowly. Focus only on your breath entering and exiting.

**Mindful Observation -** Are you often so busy “doing” that you don’t stop to “smell the roses”. Chose an object near you in nature, a bird, a tree, clouds and just focus on watching the object. Look at it as if you have never seen it before. Relax and note every detail of that object and reconnect with nature.

**Mindful Awareness -** We often go through life on autopilot and don’t take time to notice the small things. Choose something you do many times a day, such as opening a door, brushing your teeth or eating. Each time you perform the task, stop and be mindful. This exercise should raise your appreciation and awareness of the simple tasks and actions you are able to do without thinking twice.

**Mindful Listening -** This exercise helps to really listen without judgment and pre-conceived thoughts. We often listen with our past experiences and likes and our “dislikes” get in the way. Select a piece of music you haven’t heard before and really listen to the notes and chords, exploring all aspects of it. Hear it through, even if it is not something you like at first and try to remain neutral.

**Mindful Immersion -** Instead of focusing on getting through one task to move on to something else, in this exercise you will try to be content in the moment. Pay close attention of every detail of the action you are doing. The idea is to discover “new” experiences while performing a routine task and immersing yourself in the present moment.

**Mindful Appreciation -** Many things and people in our lives go unnoticed and may seem insignificant, yet they support our lives in so many ways. It is important to stop and appreciate, be thankful and acknowledge these things from time to time. Try to take note of 5 things that you otherwise wouldn’t give attention to and jot them down. When you look over the list you made, think about life without them? How do these things exist or work? Truly appreciate their purpose.