



1 Minute Mindfulness Technique

Be seated. Close your eyes.

Sit in a comfortable chair or position.

Listen. What do you hear?

Notice the sounds near and far.

Talking, Furnace, Dog Barking, Cars, TV, Water, Humming Sounds

Touch. What is your body feeling?

Your bum in the chair, your breath as you exhale, a pain in your shoulder, your clothes, the temperature of the room on your skin.

Now open your eyes. What do you see before you?

Notice what is directly in your vision without turning your head.

Furniture, Colors, Shapes, Dust, Light, Nature, A Bug, Patterns

Mindfulness is in the present, never in the past nor the future.

When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad.

When practiced, you're less stressed, and more focused in the moment which brings more enjoyment, better health, and productivity into your life. Did you try it? Notice how you feel.

Take a 60 Second Mindful Break often and daily.