

This mindfulness is called *Mindfulness of the Breath* and it is a simple 5-minute mindfulness to help centre yourself.

Bring your attention to your breathing. Follow the air as it comes in and through your nostrils and goes down to the bottom of your lungs, then follow it as it goes back out again.

Follow the air as if you were riding the waves of your breathing.

Notice the air moving in and out of your nostrils and how it is slightly warmer as it comes out and cooler as it goes in.

Notice the gentle rise and fall of your ribcage and notice the gentle rise and fall of your belly.

Fix your attention on one of these areas, whichever you prefer: on the breath moving in and out of the nostrils, or on the rising and falling of the ribcage, or the rising and falling of the belly.

Keep your attention on this spot, noticing the movement in and out of the breath.

Whatever feelings, urges or sensations arise, whether pleasant or unpleasant, just gently acknowledge them as if nodding your head at people passing by you on the street. Gently acknowledge their presence and let them be. Allow them to come and go as they please and keep your attention on the breath.

Whatever thoughts, images or memories arise, whether comfortable or uncomfortable, simply acknowledge them and allow them to be. Let them come and go as they please and keep your attention on the breath.

From time to time your attention will be distracted by thoughts or feelings. Each time this happens, notice what distracts you and bring your attention back to the breath.

No matter how often your attention wanders off, whether a hundred times or a thousand, your aim is to simply note what distracted you and bring your attention back to the breath.

There is no need to be frustrated, or impatient, or disappointed when you get carried off by your thoughts. It is the same for everyone. Our minds naturally distract us from what we are doing.

Each time you realise your attention has wandered, gently acknowledge it, notice what distracted you and return your attention to the breath.

If frustration, boredom, anxiety, impatience or other feelings arise, simply acknowledge them and maintain your focus on the breath.

No matter how often your attention wanders, gently acknowledge it, note what distracted you and then bring your attention back to the breath.

When you are ready, bring yourself back to the room and open your eyes.