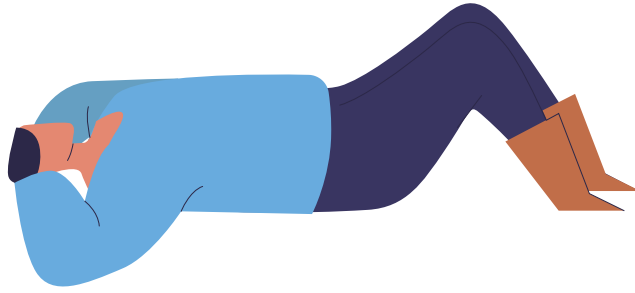


A BEGINNER'S MINDFULNESS EXERCISE



POSITION YOUR BODY

Find a place to sit or lay that feels calm and quiet to you.

SET A TIME LIMIT

If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

WHC
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CONSULTING

NOTICE YOUR BODY

You can sit wherever you want. Just make sure you are stable and in a position you can stay in for a while.

FEEL YOUR BREATH

Follow the sensation of your breath as it goes out and as it goes in.

NOTICE WHEN YOUR MIND HAS WANDERED

When you get around to noticing this, simply return your attention to the breath.

BE KIND TO YOUR WANDERING MIND

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.