



Postivity Empowerment Awareness

Practice doing a Mindful Minute

Can you challenge yourself to try doing a mindful minute at home every day? This is great activity to practice helping us manage feelings when we are anxious, angry or upset to help us find our calm.

- Find somewhere quiet to sit where you can have both your feet on the ground like roots of a tree and your back is straight but not stiff.
- Imagine you have a golden thread lifting your head so it is upright, shoulders relaxed and gravity boots on your feet so they are anchored to the floor.
- Place your hands on your knees.
- Then set a timer for **one** minute.
- If you can close your eyes and focus on your breathing.
- Find the part of your body where you feel your breath most – the tip of your nose, tummy, chest and then FOCUS your attention there as you breathe in and out.
- If your mind wanders don't worry that's what minds do, they are never still, each time bring your attention back to where you feel your breath.



When your minute is up ask yourself:-

- Was that hard or easy?
- Did you have lots of thoughts and if so what were they?
- Did you manage to bring your attention back to your breathing each time it wandered?

Keep practising your mindful minute. Perhaps add in counting how many breaths you take in a minute? Is it always the same each time you practise? See if you can build your time from 1 minute – 3 minutes?

Remember the more you practise your breathing the better we become at keeping our attention where we want it to be. This activity helps us focus and feel less distracted when we want to concentrate. It's like going to the gym for our brain.

