

## Mindfulness Exercise



Mindfulness meditation is a great exercise to realign the mind and body and to reduce your stress. It is perfect to use anytime, anywhere.

Find a time in your day where you can give yourself 5 - 10 minutes. Set your timer and then practice this exercise below –

Start by becoming aware of your breathing – breathe in and breathe out 10 times in your own natural rhythm.

Now find your feet, and bring your attention to the sensations of the feet making contact with the ground.

Now focus on:

What sounds can you hear around you?

What can you see nearby?

What can you feel? Can you feel your bum/bottom on the seat or your hands on the steering wheel?

What can you smell?