
5 Mindfulness Exercises You Can Try Today



In this busy world it's easy to feel stressed and suffer from a scattered mind, yet the majority of us don't have time to meditate and properly empty the mind. Try using these easy mindfulness exercises to empty your mind and find clarity amidst the madness.

One Minute Breathing

This exercise can be done anywhere, anytime. All you have to do is focus on your breathing for just one minute. Naturally your mind will try and wander, but try to just focus on the rise and fall of your breath and let thoughts go as they arise.

Mindful Observation

This exercise is simple but incredibly powerful. Pick a natural organism that is within your sight and focus on watching it for one minute; perhaps a flower or insect. Try not to think of anything else. Simply observe the organism in all its glory for one full minute.

Touch points

Think of something that happens every day more than once, e.g. opening a door. At that moment when you touch the door knob, allow yourself to be completely mindful of where you are, how you feel and what you are doing. The cues don't have to be physical; it could be that every time you think something negative you take a mindful moment to release the negative thought. It could be that every time you smell food you take a mindful moment to rest in the appreciation of having food to eat. Choose a touch point that resonates with you today.

Mindful Listening

This is the same as mindful observation, except for just one minute listen to a piece of music you like. Try not to think about it, just listen. If you can't find any music you like you can simply listen to the noises around you. Don't try and determine what the sounds are, just listen and effortlessly absorb the experience.

The Game of Five

In this mindfulness exercise, all you need to do is notice five things in your day that usually go unnoticed. They could be things you hear, smell, feel on your body, or see. For example you might see the walls, hear the birds, feel your clothes or smell the flowers. Of course you may already do these things, but are you really aware of these things and the connections they have with your world?

It's incredible what a difference to your life it can make just learning how to notice your breath and the rest of your senses; how to truly listen, look and feel. By becoming mindful we experience increased contentment.
