

## ***Mindfulness Exercise***



### ***Instructions***

Mindfulness is the practice of paying attention to the present moment with curiosity and without judgment. This simple exercise can be done anywhere and helps calm the mind, reduce stress, and improve focus. Follow the steps below to guide yourself into a more grounded and peaceful state.

## Step-by-Step Mindfulness Exercise

No.	Steps by Step	Instructions
1	<b>Find a Comfortable Position</b>	Sit in a relaxed but upright posture. You may sit on a chair, cushion, or stand if preferred. Rest your hands gently.
2	<b>Take Slow, Deep Breaths</b>	Close your eyes if it feels comfortable. Inhale slowly through your nose, allowing the belly to rise. Exhale through your mouth or nose.
3	<b>Bring Awareness to Your Body</b>	Notice the sensations in your body, your feet on the ground, your legs, your shoulders, your face. Allow any tension to soften.
4	<b>Focus on Your Breath</b>	Pay attention to the natural rhythm of breathing. Notice the coolness of the inhale and the warmth of the exhale.
5	<b>Notice Thoughts Without Judgment</b>	When your mind wanders (and it will), gently acknowledge the thought and bring your attention back to the breath.
6	<b>Expand Your Awareness</b>	After a few minutes, broaden your awareness to include surrounding sounds, the space around you, and how your body feels.
7	<b>Gently End the Exercise</b>	Take one final deep breath. Slowly open your eyes. Take a moment to notice how you feel before moving on with your day.

## ***Helpful Tips for Mindfulness Practice***

- *Start with 2–5 minutes a day and increase gradually.*
- *Consistency is more important than duration.*
- *If thoughts distract you, gently return to your breath.*
- *Use a timer to avoid checking the clock.*
- *Practice at the same time each day to build routine.*

h2h

*Hope this exercise has proven useful!*  
*We wish you a happy and fulfilled life!*

*Warm regards from team at head2heart!!*

*Thank you!!*