



THE GET READY PROJECT

Mindfulness Meditation

Mindfulness has become a buzz word in the fields of both wellness and education, but what is it exactly? Mindfulness practices give us the opportunity to let go of the myriad of thoughts- replaying past experiences, planning or worrying over what's to come, that often flood our brain. When we actively practice mindfulness we bring our attention to the present moment and without judgement, let our current experience be our focus.

Gratitude Meditation:

- Establish a comfortable seated posture, sit tall with shoulders relaxed.
- Get quiet and close your eyes
- Turn your attention towards the present moment, the sights, sounds and sensations that you may be experiencing.
- Notice as other thoughts come to mind, be easy on yourself, by simply acknowledging these thoughts and then letting them go. The expectation is NOT to have a perfectly calm, clear mind, but simply to notice when the mind wanders and gently direct it back to the present moment.
- If you're finding yourself particularly distracted you may want to anchor your focus on the sensation of your breath with each inhale and exhale.
- Close your meditation with three deep breaths, open your eyes and carry on with your day

For more information on mindfulness check out:

"What is Mindfulness" mindful.org/what-is-mindfulness/

"Nine Powerful Meditation Tips"

<https://themandfulnesssummit.com/sessions/9-powerful-meditation-tips-ion-kabat-zinn/>

For a guided body scan meditation we like:

"The Bodyscape Practice to Notice Sensations"

<https://www.mindful.org/an-inquiring-practice-to-notice-the-body/>

Sources:

www.mindful.org