

MINI MINDFULNESS EXERCISE

Most people spend much of their day on autopilot. Their minds are focused on what happened yesterday, what still needs to be done, or what might happen in the future.

Mindfulness helps you step out of that constant stream of thoughts and return to the present moment. When your attention is here and now, your nervous system receives a powerful message: in this moment, I am safe. This can help reduce stress, anxiety, and feelings of overwhelm.

The good news? You don't need 20 minutes of meditation to experience the benefits. Even one minute can make a difference.

A Simple Exercise: Five Conscious Breaths

Pause for a moment.

Take a slow breath in through your nose.

Then slowly breathe out through your mouth.

Repeat this five times.

With each exhale, consciously relax your shoulders.

That's it.

If thoughts arise, don't try to stop them. Simply notice them and gently bring your attention back to your breath.

After your fifth breath, ask yourself: "What am I feeling right now?"

Not what you're thinking. Not what you need to do later. Just what you're feeling in this moment.

That is mindfulness: training yourself to return to the present, again and again.

The more often you practice, the easier it becomes to find calm, even on your busiest days.

