

EASY MEDITATION EXERCISES

Use your time on the loo to complete one of the exercises below:



MINDFUL BREATHING

1

Breathe *in through your nose* and *out through your mouth* as you count to 6 each time

2

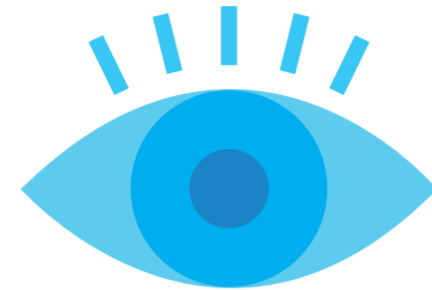
Focus on the breath entering your body and *imagine the path it follows* once inside

3

Let all other thoughts go, refocusing on your breath each time your mind wanders

4

Continue for 1 minute. You can add additional time once you become more comfortable with the practice



MINDFUL OBSERVATION

1

Pick an object in your vicinity, and focus all of your attention onto it

2

Relax your thoughts and imagine it is your first time seeing the object

3

Describe every aspect of the object in your mind

4

Imagine its formation and define its role in the universe



MINDFUL LISTENING

1

Listen to music using headphones

2

Listen to the sounds from a neutral perspective, even if you don't like it. Try not to allow yourself to make judgements of the music based on genre, artist, or title.

3

Dissect the sounds you hear, separating out each individual instrument or element

4

Become fully immersed. Do not think, just hear



MINDFUL APPRECIATION

1

Pick something you take for granted every day (e.g. your house is warm; your feet let you walk)

2

Acknowledge the impact this thing has on your life

3

Think about what life would be like *without* this thing

4

Think about whether you've ever considered *how* these things or processes came to exist, or *how they really work?*

5

Acknowledge your appreciation of the thing.