

# JUNE WELLNESS: MINDFULNESS MEDITATION



Mindfulness is the act of being fully present in the moment, without judgement. It is being aware of what we are doing at the moment, without overreacting or being overwhelmed by what is occurring.

By being intentional about being mindful, you can practice “mindful meditation”. To do this, begin by putting aside 5 - 10 minutes. Find a quiet, comfortable location that does not have a lot of distractions. Then, for the optimal position to sit for practicing mindful meditation, follow these steps: (*\*note that this can be modified for any physical limitations that need to be taken into consideration*)

1. Find a location (a chair, cushion, park bench, etc) that offers a stable, solid seat for you to sit upright in.
2. If you are on the floor or a cushion, cross your legs comfortably in front of you. If you are on a chair or bench, uncross your legs and sit so that both feet are on the floor.
3. Sit up tall with a straight back, but without stiffening your upper body.
4. Let your arms fall parallel to your upper body and allow your hands to lay on top of your legs.
5. Drop your chin and let your eyelids lower and your gaze fall downward, or close your eyes if you would like.
6. Relax for a few moments and bring to attention to your breath or any sensations you feel.
7. Now feel your breath as you breathe in and breathe out. With each breath, mentally see the breath coming in and out.
8. As your attention wanders from the breath, simply return your focus gently back to the breath.
9. Before shifting with any movement in your body, try pausing and thinking about it first.
10. If thoughts keep coming into your mind, try just observing these thoughts, without reacting to it. Simply come back to being still without judgement or explanation.
11. When ready, gently open your eyes or lift your gaze. Take note of any sounds, feelings, sensations, thoughts or emotions. Pause for a moment to reflect and complete your mindful meditation.

*To learn more from the Mindful: healthy mind, healthy life website, click here:*

**[Mindful Meditation: How to Do It](#)**

*To try a guided mindful meditation through the Daily Calm, click here to reach a 10 minute*

*YouTube video: **[Daily Calm / 10 Minute Meditation / Be Present](#)***