

1 MINUTE DAILY MEDITATION

1. Sit in an upright position, without leaning back into the chair, allowing your spine to be self-supporting. Feet resting flat on the floor. Close your eyes or lower your gaze.
2. Focus your attention on your breath as it flows in and out of your body. Stay in touch with the different sensations of each in-breath and each out-breath. *Observe* the breath without looking for anything special to happen.

There is no need to alter your breathing in any way.

3. After a while your mind may wander. When you notice this, gently *bring your attention back* to your breath, without giving yourself a hard time. The act of realizing your mind has wandered and bringing your attention back, without criticizing yourself, is central to the practice of mindfulness meditation.

4. Your mind may eventually become calm, like a still pond, or it may not. Even if you get a sense of absolute stillness, it may be *fl*

Keep in mind: thoughts come and go, you are not your thoughts. You have a choice whether to act on them or not. Separated, notice these emotions may be fleeting too.

Whatever happens, just *allow it to be, as it is.*

5. After a minute, let your eyes open and take in the room again.

TO MAXIMIZE BENEFITS, SLOWLY WORK YOUR WAY UP TO 30 MINUTES PER DAY. OVER TIME, MINDFULNESS CAN BRING ABOUT LONG-TERM CHANGES IN MOOD AND LEVELS OF HAPPINESS AND WELL-BEING. MINDFULNESS POSITIVELY AFFECTS BRAIN PATTERNS UNDERLYING DAY-TO-DAY ANXIETY, STRESS, DEPRESSION AND IRRITABILITY. WHEN THOSE EMOTIONS ARISE, THEY DISSOLVE AWAY AGAIN MORE EASILY.

KEEP IN MIND: THOUGHTS COME AND GO, YOU ARE NOT YOUR THOUGHTS. YOU HAVE A CHOICE WHETHER OR NOT TO ACT ON THEM.