

## **Mindfulness practices to try**

Practicing mindfulness is a form of meditation. Some mindfulness practices can take as little as 1 minute to complete.

Here are three simple mindfulness practices you can try from Thich Nhat Hanh's book, "Happiness: Essential Mindfulness Practices."

### **Conscious breathing**

The foundation of all mindfulness practice is to bring attention to your breath. Mindful breathing or "conscious breathing" involves paying attention to your breath as you breathe in and out. Hanh says to think of it like drinking a glass of cool water. As you breathe in, you'll feel the air fill your lungs.

*To begin conscious breathing:*

- Pay attention to your breath as it moves in and out of your body.
- As you inhale, you can say to yourself "in," and as you exhale, you can say "out."
- Breathe here for as long as you want.
- Consider adding setting an intention or using a mantra to help keep your mind from wandering.

### **Sitting meditation**

You can practice sitting meditation in a cross-legged position, in a chair with feet flat on the floor, or in a full or half-lotus position on a meditation pillow.

*To begin seated meditation:*

- Close your eyes and follow your breath in and out.
- Observe what's going on in your mind and body without judgment, then let it go.
- Try using a mantra, "I have arrived" while breathing in, and "I feel at home" while breathing out.
- Count "one" as you breathe in, and "two" as you breathe out.
- After 1 minute or longer, resume your normal activities.

### **Walking meditation**

Walking meditation is a way to enjoy movement while being fully aware of every step. You can do this practice anytime you walk.

- To begin walking meditation:
- Pay attention to every step that you take.
- As you inhale and exhale, pay attention to each step you take and your breathing.
- Try to match your steps to your breath. You may take two steps for the in-breath and three steps for the out-breath. This may change as you continue to walk.
- As you walk, you can also use words that follow the rhythm of your breathing and walking. For example, Hanh suggests that if your breathing is three breaths for three steps, you may say something like, "The green planet."