

Mindfulness exercises

Exercise 1: Body Scan Meditation

Objective: To develop awareness of bodily sensations and reduce tension.

Instructions:

1. **Set the Scene:**
 - Find a quiet place where you won't be disturbed.
 - Sit comfortably or lie down on your back.
 - Close your eyes if comfortable and take a few deep breaths to relax.
2. **Focus on the Body:**
 - Start at the top of your head. Notice any sensations, tension, or comfort.
 - Gradually move your attention down to your forehead, eyes, cheeks, and jaw. Relax these areas.
3. **Progress Through Your Body:**
 - Slowly scan each area:
 - Neck and shoulders
 - Arms and hands
 - Chest and abdomen
 - Back and spine
 - Hips and thighs
 - Legs and feet
 - Spend a few moments noticing any sensations—warmth, tingling, or areas of tightness.
4. **Breathe Into Each Area:**
 - If you notice tension, imagine sending your breath to that part of your body to release it.
5. **Wrap Up:**
 - Once you reach your toes, take three deep breaths and slowly open your eyes. Reflect on how your body feels.

Exercise 2: Mindful Breathing

Objective: To focus on the breath and stay in the present moment.

Instructions:

1. **Get Comfortable:**
 - Sit in a chair or on the floor with your back straight.
 - Close your eyes if comfortable and place your hands on your lap.
2. **Pay Attention to Your Breath:**
 - Focus on the sensation of your breath entering and leaving your body.
 - Notice the air as it enters your nostrils, fills your lungs, and leaves through your mouth.
3. **Count Your Breaths:**
 - Inhale deeply for a count of four. Hold for two, then exhale for six.
 - Repeat this cycle five times.
4. **Notice Distractions:**
 - If your mind wanders, gently bring your focus back to your breath without judgment.
5. **End with Gratitude:**

- Take one final deep breath and express gratitude for the moment of stillness.
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Exercise 3: Gratitude Reflection

Objective: To cultivate a sense of gratitude and positive emotions.

Instructions:

1. **Find a Quiet Space:**
 - Sit in a comfortable position with a pen and your worksheet/journal.
 2. **Recall Three Things You're Grateful For:**
 - Think of three specific things, events, or people you are grateful for today.
Examples: "I'm grateful for the warm sunlight this morning," or "I appreciate my friend's kind words."
 3. **Explore Each in Detail:**
 - Write down why you are grateful for each.
 - Reflect on how these things make your life better or bring joy.
 4. **Express Gratitude to Yourself:**
 - Think of one thing you did well today. Write it down and thank yourself for it.
 5. **Breathe and Reflect:**
 - Take a few moments to sit quietly, reflecting on the positive feelings this exercise has evoked.
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Worksheet Questions:

For each exercise, include reflection prompts:

1. What thoughts or emotions came up during the exercise?
2. How easy or difficult was it to focus? Why?
3. What changes did you notice in your mood or body after the exercise?
4. How can you use this exercise in your daily routine?

***To learn more about mindfulness mail us for a workshop or one-on-one session**

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