

# Mindfulness Practice

Mindfulness is the practice of being present and fully engaged in the current moment.

It involves paying attention to your thoughts, feelings, and surroundings without judgment. Mindfulness has been shown to have many benefits for mental health and well-being, including reduced stress and anxiety, improved focus and concentration, and greater emotional regulation. Use this worksheet to practice mindfulness and incorporate it into your daily routine.

## Step 1.

Choose a quiet and comfortable place where you know you will not be interrupted.

## Step 2.

Begin by taking a few deep breaths, inhaling through your nose and exhaling through your mouth.

## Step 3.

Close your eyes and focus on your breath. Notice the sensation of the air entering and leaving your body.

## Step 4.

As thoughts enter your mind, simply acknowledge them and let them go. Don't judge or analyze them, just observe them and return your attention to your breath.

## Step 5.

Pay attention to your physical sensations. Notice any tension or discomfort in your body and try to relax those areas.

## Step 6.

Expand your awareness to your surroundings. Notice any sounds, smells, or sensations in the environment.

## Step 7.

Bring your attention back to your breath and continue to focus on the present moment.

## Step 8.

Practice this for at least 5-10 minutes each day.

**Questions:**

What did you notice during your mindfulness practice?

Did you find it difficult to stay present and focused?  
If so, what distractions did you encounter?

How did you feel after completing the practice?

How could you look to incorporate mindfulness into your daily routine?

What benefits do you think mindfulness could have for your mental health and well-being?

**Tips:**

---

You can practice mindfulness anywhere, not just in a quiet and comfortable place.

---

Don't worry if your mind wanders during the practice. This is normal and part of the process.

---

You can use guided meditations or mindfulness apps to help you get started with mindfulness practice.

---

Experiment with different types of mindfulness practice, such as mindful breathing, body scans, or walking meditation, to find what works best for you.