**Basic Mindfulness Meditation Exercise**

1. Sit in a comfortable upright position.
2. Focus on your breathing cycle as you breathe slowly from your abdomen. Let the sensations of inhaling and exhaling be the object of your focus.
3. If your mind wanders from your breathing (and it will, so don’t judge yourself for it), notice this has happened and gently bring your attention back to your breathing.
4. Repeat steps 2 & 3 as many times as you need to during the course of your meditation.

Start with 5 minutes a day, and gradually work up to 20 minutes.

Know that your attention may wander to noises around you, worry thoughts, judgmental thoughts such as “this is stupid,” body sensations, urges to talk, etc. It’s okay ! Notice these thoughts, let them go, and return your attention to your breath.

Every practice session could be different- some days will be easier than others.

