

Mindfulness Activity

1) Invitation to think about a *relaxing word*.

Think of a word/place that conjures up relaxing thoughts/feelings/memories.

2) *Breathing (if you are comfortable, close your eyes).*

Breathe in through the nose (if you can) to the count of 4.

Hold

Out to the count of 4

Now as you breathe in again, think of your relaxing word in more detail. As you breathe out, allow yourself to relax into your chair, into an open body language, allowing for all the oxygen to reach every part of your body.

4) *Body Scan - Mindfulness*