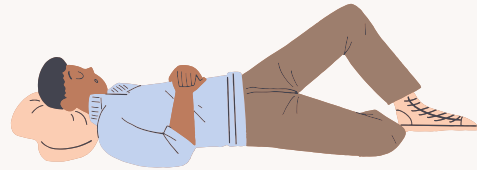


Mindfulness

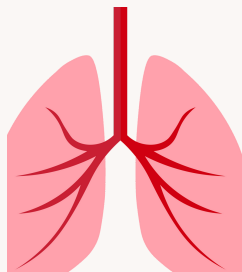
Mindfulness is the awareness of one's internal states and surroundings. This involves calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

Body Scan Meditation



Get Comfortable

Find a quiet area, lay down, and get comfortable. If that's not possible, sitting comfortably is an option.



Take a few deep breaths

Slow your breathing down and start breathing from your stomach. Let your abdomen expand and contract with each breath.



Bring awareness to your feet

Now, bring your attention to your feet. Begin observing sensations in your feet. If you notice anything, acknowledge it and any thoughts or emotions that accompany it.



Breathe into the tension

Focus your attention to any uncomfortable sensations you notice. Breathe into them, and visualize the tension leaving your body.



Scan your entire body

Continue this practice with each area of your body. If you notice any tightness, pain, or pressure, continue to breathe into those feelings!