

How to Do Mindfulness Meditation

Mindfulness meditation involves focusing on your breath as it flows in and out.

Here's how to do it. Find a comfortable position in a chair, or sit on the floor. Or you can lie down, if that is more comfortable for you. Start by closing your eyes. Or you can leave them open if you'd prefer. Or you can leave them open if you'd prefer.

Now breathe normally, and focus on where you feel your breath. Breathe in and out. In and out. In and out. In and out. In. And out.

Where are you feeling each breath? It could be in the nostrils.

Breathe in. Breathe out.

Or it may be where you feel the rise and fall of your belly as you breathe in and out.

Breathe. In and out. In. And out.

Now other thoughts are probably already popping into your head, and you're becoming distracted. It's okay.

It's all part of the process. When you notice you're distracted, gently return your focus to your breath.

Breathe in and out. In and out.

In. And out.

And when your thoughts wander, let them go, and bring your attention back to your breath. In. Out. In. Out.

Okay, whenever you're ready, open your eyes if you haven't already.

Notice how you feel in your mind and throughout your body. Let any feelings of calm and relaxation become a part of who you are.