

Incorporate a short, daily mindful practice into your life and work.

A simple and practical 5-step approach:

Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction defines mindfulness as “the awareness that arises through paying attention in the present moment, without judgement.” He also adds “... in the service of self-understanding and wisdom”.

Whatever your current mindset on mindfulness and meditation, maybe you are interested in a simple and practical way to start incorporating a short, mindful practice into your life and work? Here is a suggested 5-step approach which has helped me along the way.

Anyone, no matter how busy, can do this!

Jo Boniszewski

Kick-start your day

When you wake up in the morning, before you get out of bed, take just two minutes to lie still and go through these five simple steps. Pay attention to whatever is present, without judging it:

1. **BODY** - Be aware of your body in contact with the mattress. Notice how the mattress feels against your body. And notice how your body is supported by the bed.
2. **FABRIC** - Notice the feel of your night clothes and the bedding on your skin.
3. **AIR** - Pay attention to the subtlety of how the air feels on your face - is it warm, or maybe fresh?
4. **NOISES** - Become aware of the noises around you. There are different layers of noise, some are close by and some are far away. Some are loud, some are soft. Some noise is constant, other noises come and go. Allow these noises to bring your awareness into the present moment.
5. **BREATH** - And pay attention to your breathing. Is your breath shallow or deep? Fast or slow? Notice whether you breathe into your chest or into your stomach, or both. Do not judge, just notice. Notice the rise of your chest/stomach as you inhale and how it falls as you exhale. You don't have to change anything about your breathing, just allow it to be in its own natural rhythm. Continue to pay attention to your breathing for a short while.

And so, with this two minute mindfulness practice, before you even get up, you train your awareness and start your day.

Press Pause

'Press Pause' is a variation on the 'Kick-start', for those who wish to practice once they are up and about, at intervals, during the day.

Find just two moments during your day (it can be more of course!) when you 'Press Pause' and take five minutes to follow the five steps below. They are almost identical to the five 'Kick-start' steps. I find it helps me to programme two alarms in my phone, to remind me to 'Press Pause' during my day. I also set my timer to five minutes:

1. **FEET & BODY** - Be aware of your feet on the ground and your body in your chair. Notice where your body is in contact with the chair. Notice how the chair supports your body.
2. **FABRIC** - Become aware of the feel of your clothes on your skin. How the fabric feels. Where your clothes are loose and where they feel tight.
3. **AIR** - Pay attention to the subtlety of how the air feels on your face and hands - is it warm, or maybe fresh? Is there a breeze?
4. **NOISES** - Become aware of the noises around you. There are different layers of noise, some are close by and some are far away. Some are loud, some are soft. Some noise is constant, other noises come and go. Allow these noises to bring your awareness into the present moment.
5. **BREATH** - And pay attention to your breathing. Is your breath shallow or deep? Fast or slow? Notice whether you breathe into your chest or into your stomach, or both. Do not judge, just notice. Notice the rise of your chest/stomach as you inhale and how it falls as you exhale. You don't have to change anything about your breathing, just allow it to be in its own natural rhythm. Continue to pay attention to your breathing.

After 5 minutes continue on with the activities your day.



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