

Training Your Focus - Mindfulness Meditation

Breath Meditation Exercise

1. Set a timer on your phone for 10 minutes
2. Sit in a chair comfortably with a straight back
3. Close your eyes
4. Breathe normally
5. On the in-breath, say "IN" in your mind
6. On the out-breath, say "OUT" in your mind
7. As your breathing, try to feel the breath entering your body and exiting your body - notice it and be aware of it
8. If your mind wanders, that is normal. Just bring it back to noticing your IN and OUT breath
9. Do this until the timer on your phone goes off

You can also use various guided meditation apps:

- Insight Timer (FREE)
 - Click on the headphones icon at the bottom of the screen
 - Click on Guided Meditations
 - For how much time do you have, click on the 6 - 10 minutes button
 - You will see a list of various types of short meditations. Breathing meditations are good to start with
 - You can use the Search feature to find "body scan" meditations which are also good
 - Teachers: Al Jeffery, Kate James, Annemaree Rowley
 - Breathing meditations
 - Body scan
 - Loving Kindness meditation
- Calm
- Headspace
- Primed Mind
- UCLA Mindful Awareness Research Center (<https://www.uclahealth.org/marc/mindful-meditations>)