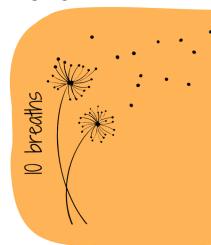# breathing & grounding

mumshine

5 mins | active exercise | individual

Mindfulness is a practice where you are able to be in the present moment and not get stuck on thoughts or feelings that might be happening in your mind. It is called a practice as it is something you should practice everyday and it gets easier over time, however it is not a skill to be ticked off as it is a continual process of improvement.

These techniques can each be done in under 5 minutes and the more times you do it, the more practiced you get. After each 5 minutes reflect on how you felt before or after and any positive changes you have noticed since starting your practice.

10 breaths

1. place a hand on your diaphragm and a hand on your upper chest and watch your hands
2. take a deep breath in focusing on your bottom hand watching it move. Your top hand should stay still
3. hold your breath and release
4. notice the sensations of your lungs expanding and emptying and your rib cage rising and falling
5. repeat this 10 times
6. see if you can notice your thoughts come and go, like leaves floating down a stream
7. expand your awareness to the rest of your body and environment

drop anchor

1. plant your feet into the floor
2. push them down and notice the ground underneath you, supporting you
3. notice how the muscles in your legs change as you push down
4. notice how your whole body feels as you push down from your head to your feet
5. look around you and see what you notice sounds, sights, smells and sensations

notice five things

1. look around you and notice 5 things you can see, pause and breathe
2. notice and name 4 things you can tough, pause and breathe
3. notice and name 3 things you can hear, pause and breathe
4. notice and name 2 things you can smell, pause and breathe
5. notice 1 thing you can taste, pause and breathe

As you do this, your mind will wander to other topics, this is normal. Simply notice this change, acknowledge it without judgement and then return to the exercise. The more practiced you become the less often this will occur. Remember it is normal, you aren't doing anything wrong.