

LFR MEDS

MIND-Exercise-Diet-Sleep

Micro Mindfulness Practices

What tends to stop most people from practicing mindfulness is making the time; often assuming it takes a lot of time. If you can make time for a 20-minute meditation practice in the morning or evening, by all means, it's worth doing. But all we are trying to do with mindfulness is bring more awareness into our lives and spend more time in the present moment. So, start small. Tune into yourself for just one minute. Here is a simple way you can practice micro mindfulness and enjoy its benefits right away.



S.T.O.P.

This simple one-minute practice will help to reset your mind and bring into the present moment.

SMILE - think about something that brings you joy and allow your face to break into a smile.

TOUCH - focus on the parts of your body that are touching other surfaces. Perhaps it's your feet on the ground or your back against the chair.

ONE BREATH - inhale deeply through your nose, hold for the count of four, and release.

PRESENT MOMENT - bring your thoughts to this moment right now. Everything that happened before this moment is in the past. There is no need to focus on it anymore. Set your focus on the next task, situation or place you are about to enter.

