

Read the following to client for Mindfulness Meditation Technique:

Mindfulness meditation increases awareness of the present by focusing on your breathing, body and thoughts. With continual practice, this technique trains the brain to stay in the present moment and can help you accept things for what they are, without judgment. By focusing on the present and not on stressful or anxiety-driven thoughts about the past, present, or the future, mindfulness meditation can help decrease tension and improve coping with psychological health concerns.

Sitting in your chair, allow your body to become still. Your back is straight without being stiff; your posture is relaxed, awake, and dignified. Your hands and arms are loose and relaxed. Depending on your comfort, your eyes can be closed now. If the eyes remain open, simply rest the gaze on whatever is in front of you, without thinking too much about what you're viewing. Settle into this moment, begin watching your breath.

Become aware of the fact that you are breathing. Feel the breath as it comes into the body. Feel the breath as it leaves the body. Simply remain aware of the breath flowing in, and out, not manipulating the breath in any way. Simply being aware of it and noticing how it feels.

(pause)

When your mind becomes distracted—simply return your focus to the breath. No commentary. No judgment. It is normal for the mind to drift and wander. Gently just bring yourself back to the present moment.

Notice the feeling of the breath, as the lungs fill with air on the in-breath and deflate as you breathe out, the chest and abdomen expanding and collapsing. Feel the breath in the abdomen, rising as you breathe in and flattening and sinking as you breathe out. Allow your attention to gently ride on the sensation of each breath, not thinking about breathing. Simply watching your normal breath.

Observe the full cycle of each breath, locating the very beginning, as it enters the nose or mouth, and following it as it fills the lungs and expands the abdomen and chest, then the breath comes to the gap where there is neither in-breath nor out-breath, before it turns around and makes its journey out of the body. Simply remain present and aware of the cycle of each breath.



After a short time, you may notice that the mind wanders off to thoughts of the past, fantasies, memories, or regrets. Or it may move to anticipations of the future.

As soon as you become aware that the attention has moved off the breath, guide it back to the next breath with a gentle and firm awareness. There's no need to give yourself a hard time for becoming distracted.

Know that you can always use the awareness of your breath to refocus your attention, to return to the present moment. Whenever you notice that you have drifted from the present—when you become preoccupied or restless—the attention on the breath can be a powerful anchor to this moment and to this state of awake stillness.

For the remaining time, let go of all particular objects of attention, allowing yourself to simply be here, simply present. Breath moving... sensations in your body... sounds... thoughts..., all of it coming and going...simply allowing all of it...

\*allow client to relax for ~2 minutes

When you are ready, you can return your attention to the room, knowing you can return to a relaxed mindful state at any time.

\*Give the following Mindfulness Meditation Handout to client to practice on their own before next session.

(Mindfulness-Meditation Practice edited from Jerome Stone's 2011 Minding the Bedside.  
[www.mindingthebedside.com](http://www.mindingthebedside.com))

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## Mindfulness Meditation Steps:

1. Sit upright on the floor or a chair, keeping the spine straight and maintaining a relaxed but erect posture. This will ensure you do not get drowsy. Depending on your comfort, you can keep your eyes open or closed during this practice.
2. Now focus on your breathing, on the sensations it triggers throughout your body. Notice how your abdomen moves with each inhalation and exhalation.
3. Pay attention to the feelings in the center of your chest, noticing the different sensations that arise with each breath.
4. When you notice that you have been distracted by unrelated thoughts or feelings that have arisen, simply return your focus to your breathing.

Try this for five to 10 minutes at a sitting, once or twice a day. As you feel more comfortable, you can increase the length of your practice sessions.

## Three Ways to Make this Practice a Routine:

1. Download the Mindfulness Coach app to learn different types of mindfulness practices. The app shows nine forms, each with voice-guided sessions and instructions to try on your own.
2. Set a reminder using the calendar on your smart phone each day to make sure you carve out time
3. Create a space that is quiet and free of distractions.



Mindfulness Coach App

Source: [Real Warriors Real Battles Real Strength](#)