

# Mindfulness exercise

All you need is 15 minutes

## PLACE

Begin by finding a quiet, comfortable space where you can sit undisturbed for a few minutes. Sit upright but relaxed, either on a chair or a cushion, with your hands resting on your knees or in your lap. Close your eyes or soften your gaze to minimise distractions.

*Step* **1**

## COMFORT

Take a slow, deep breath in through your nose, letting your belly expand fully, and then exhale gently through your mouth. Repeat this cycle, focusing on the sensation of your breath entering and leaving your body.

*Step* **2**

## HABITS

If your mind begins to wander - which is natural - gently guide your focus back to your breathing without judgment. This practice helps to clear mental clutter and improve focus, allowing you to approach your day with clarity and intention.

*Step* **3**