



Body Scan



Mindful Seeing



Mindful Listening



Mindful Breathing



The Observer Meditation

Body Scan

1. Lie on your back or sit on a comfortable chair with your feet resting on the floor. Face your palms up and allow your feet to fall slightly apart
2. Lie/sit as still as you can for the duration of the exercise
3. Bring awareness to your breath, noticing the rhythm, the experience of breathing in and expelling out.
4. Draw attention to your body: how it feels, the texture of clothing against your skin, the contours of the surface on which your body is resting, the temperature of your body, and the environment.
5. Notice parts of your body that are tingling, sore, or feeling particularly heavy or light. Notice areas of your body where you don't feel any sensations at all or are hypersensitive.

A typical Body Scan runs through each part of the body, paying special attention to the way each area feels. The scan usually moves systematically through the body, e.g., starting at the feet and moving upwards as follows:

- Toes of both feet
- The rest of the feet (top, bottom, ankle)
- Lower legs
- Knees
- Thighs
- Pelvic region – hips, tailbone, pelvic bone
- Abdomen
- Chest
- Lower back
- Upper back (back ribs & shoulder blades)
- Hands (fingers, palms, backs, wrists)
- Arms (lower, elbows, upper)
- Neck
- Face and head (jaw, mouth, nose, cheeks, ears, eyes, forehead, scalp, back and top of the head)

After the Body Scan is complete and you feel ready to come back to the room - slowly open your eyes and move naturally to a comfortable sitting position.





Mindful Seeing

1. Find a space at a window where there are sights to be seen outside
2. Look at everything there is to see. Avoid labeling and categorizing what you see outside the window; instead of thinking “bird” or “stop sign,” try to notice the colors, the patterns, or the textures
3. Pay attention to the movement of the grass or leaves in the breeze. Notice the many different shapes present in this small segment of the world you can see. Try to see the world outside the window from the perspective of someone unfamiliar with these sights
4. Be observant but not critical. Be aware but not fixated
5. If you become distracted, gently pull your mind away from those thoughts and notice a color or shape again

Mindful Listening

This important skill can be experienced 1:1 or in a small group. Generally, people thrive when they feel fully “heard” and “seen,” and mindful listening offers a break from focusing on the self or our own response.

This form of listening can create an inner stillness where both parties feel free of preconceptions or judgments, and the listener is not distracted by inner chatter whilst learning valuable positive communication skills.

1. Ask each participant to think of one thing they are stressed about and one thing they look forward to
2. When everyone is ready, each participant takes their turn in sharing their story with the group
3. Encourage each participant to direct attention to how it feels to speak, how it feels to talk about something stressful as well as how it feels to share something positive.
4. Ask participants to observe their own thoughts, feelings, and body sensations both when talking and when listening
5. After each participant has shared, you can break into smaller groups and answer the questions below before regrouping to discuss and debrief.





Those questions are:

- How did you feel when speaking during the exercise?
- How did you feel when listening during the exercise?
- Did you notice any mind-wandering – if so, what was the distraction?
- What helped you to bring your attention back to the present?
- Did your mind judge while listening to others?
- If so, how did “judging” feel in the body?
- Were there times when you felt empathy - If so, how did this feel in the body?
- How did your body feel right before speaking?
- How did your body feel right after speaking?
- What are you feeling right now?
- What would happen if you practiced mindful listening with each person whom you spoke with?
- Do you think mindful listening would change the way you interact and relate with others?
- How would it feel if you set the intention to pay attention with curiosity, kindness, and acceptance to everything you said and everything you listened to?

3 Minute Mindful Breathing

Unlike meditations or a body scan, this exercise is quick to perform and useful in getting a mindfulness practice started.

With meditations and the body scan, thoughts often pop up, and keeping a quiet and clear head can be a challenge. This last exercise can be the perfect technique for those with busy lives and minds. The exercise is broken into three sections, one per minute, and works as follows:

1. Minute 1. Ask yourself, “how am I doing right now?” Focus on the feelings, thoughts, and sensations that arise and try to give these words and phrases
2. Minute 2. Keep an awareness of your breath without changing it
3. Minute 3. Expansion your attention outward from your breath. Notice how your breathing affects the rest of the body.





Keeping a quiet mind can be a challenge; thoughts will often pop up. The idea is not to block them but rather to let them come into your mind and then move on. Try to just observe them without judgment.

The most important part of mindfulness is to recognize that it is a training of the mind, and like any exercise will take some time to see the benefits. The trick is to persevere, approach the process with self-compassion, and allow for reflection, change, and flexibility between different techniques and interventions.

The Observer Meditation

The Observer Meditation helps us detach from our internal thoughts and feelings—an important part of Acceptance and Commitment Training, in which mindfulness plays a large role.

Adopting an Observer perspective can help us put some distance between who we are and problematic thoughts, feelings, and emotions.

To begin the exercise, follow these steps:

1. Take a comfortable seated position
2. Let yourself settle into your body and your mind
3. If thoughts crop up, simply notice them without judgment and let them drift on
4. Focus your attention on the room you're sitting in. Picture yourself from the outside as you sit, exactly as an outsider might. Notice your positioning, see how your body responds as you breathe.
5. Next, shift your attention inwards into your skin. Try and feel your skin as you are sitting in the chair.
6. Try to envision the shape that your skin is making as you sit in contact with the chair, shifting your awareness toward any physical sensations you are experiencing. As you feel each one, acknowledge its existence before letting your consciousness let go of it and move on naturally.

If you find any emotions coming up, recognize them and create space for them. Then bring your attention back to your observing self—your feelings and thoughts are there, but you are separate from them, noticing them. This is the “Observer you”.

