



## *A Carebridge Wellness Tip*

# PRACTICING MINDFULNESS MEDITATION



Are you seeking to live your life more fully – being aware of the depth of your thoughts, feelings, and those of others? Mindfulness meditation can help. To get started:

- Sit in a quiet place with your back straight, but relaxed.
- Feel your breath move in and out of your body.
- Let your awareness of everything else fall away.
- Notice the way your body experiences each breath.
- Don't judge yourself. Simply remain aware of what is happening, breath by breath.
- If thoughts crowd your mind, notice them, but don't react to them. As you focus on you breathing, you will become more present.
- Allow yourself to breathe in this manner for periods of at least five minutes, at least several times each day. Gradually expand your practice time.
- Notice the change in your moment-by-moment awareness of your thoughts, feelings, bodily sensations, and surrounding environment, putting interpretation or judgement aside.

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