

EXERCISE: FINDING THE TIME TO BREATHE

Identify three daily tasks/times that you think might be good to pair with a one- to five-minute meditation:

1. _____
2. _____
3. _____

Choose which you would like to try first as an activity to “pair” with mindfulness and try it for a week. If you are able to make it work for at least four or five days that week, keep going. If not, try the next activity on the list. Continue until you find a good five minutes of your day to practice mindfulness. Do not be surprised if you decide to go a little longer some days.

Reminder

Once you select an activity/day/time, set a reminder on a digital device that will be with you when you plan to practice.

Keeping Time

It is helpful to find a way to time your one to five minutes, such as an app or the built-in timer on your phone. Apps such as InsightTimer or HeadSpace include guided meditations as well.