

WHO meditation



What is my breath like

How am I feeling

Observe this with kindness

This is a very short meditation to tune into yourself through the day. That really means actually paying attention to the way your breath is, and any feelings you are having. We do this with a feeling of accepting ourselves with kindness and compassion. Just pause and try the following:

W—What is my breath like? Our breath tells us about how we are doing. Just notice if you're breathing deep, or shallow. If it is deep you are likely more relaxed. If your breath is shallow, you may be holding some tension, perhaps have some underlying anxiety. It's important to notice.

H— How am I feeling? Simply ask yourself and listen. You might notice some feelings you haven't been paying attention to. By knowing what you're feeling, you can take better care of yourself.

O— Observe with kindness. Now that you have brought your attention to your breath and feelings, just feel them and accept them. If you are having a lot of anxiety, check in with a teacher or therapist. You can also do a longer calming meditation.



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