

## **Mindfulness Meditation**

© Atlanta Wellness Collective, LLC

NOTE: This handout is intended as an educational and informational aid, and is not intended to be used for the purpose of diagnosis or treatment. Diagnosis and treatment of emotional or behavioral problems, and related disorders and conditions, should be provided by a licensed mental health professional.

Find a place where you can sit quietly and undisturbed for a few moments. To begin, you might want to set a timer for about 10 minutes, but after some experience you should not be too concerned about the length of time you spend meditating.

Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your body. Before long, your mind will begin to wander, pulling you out of the present moment. That's okay. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.

Sometimes you might feel frustrated or bored. That's fine – these are more feelings to notice. Your mind might wander to planning an upcoming weekend, or worry about a responsibility or task. Notice where your thoughts are going, and accept what's happening.

Whenever you're able to, return your focus to your breathing. Continue this process until your timer rings, or until you're ready to be done.