

Audio Clips

Exercise 1: 'Mindfulness of the Breath'

This exercise can be repeated regularly and is a core mindfulness skill.

Exercise 2: 'Body Scan'

This exercise will help you become aware of how you are.

Exercise 3: 'Leaves on a Stream'

This exercise will help you notice your thoughts and then let them go.

Exercise 4: 'Dropping the Anchor'

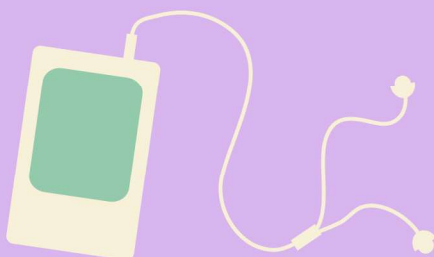
This exercise will help you learn how to ground yourself in the present moment.

Exercise 5: 'Notice 5 Things'

This exercise will help you slow down and engage with what is happening around you.

Exercise 6: 'Being Mindful of Your Thoughts'

This exercise shows you how busy your mind can be.



#MindYourSelfie