- Sarah Jacobs (Mindfulness Guide): Hi, I'm Sarah. Thank you for joining me for this short, focused, breathing exercise.

This mindfulness practice is designed to help you become more aware of what's happening around you, and within you, at this present moment.

Wherever you are, get comfortable. Maybe sit with your feet firmly on the ground, and allow the body to be at ease.

For the next few minutes, let go of your to-do-list.

Release the running thoughts in your mind.

They will be there later.

You can allow the eyes to close or keep them open.

If they're open, let the eyes soften.

Notice the places where the body touches the seat that you're in.
Or where your feet touch the floor.

Notice the other sensations of the body.

The place where the hands rest on the lap.

The feel of clothes on your body.

Or how the air around you feels on your skin.

Begin to bring attention to the movements of your body as you breathe.

Notice the rise and fall of your chest as you breathe in...

...and out.

Notice the sensations of the air moving in and out through the nostrils.

Feel yourself breathe in this present moment.

Your breath can be the anchor for your attention.

If your mind wanders, that's natural.

Just notice when it does and bring your attention back to this present moment.

Focus on your anchor, the breath.

Feel the body breathing in...
and out.

In...

...and out.

Allow the breath, and the body, to be just as they are right now.

Explore this present moment with curiosity and with kindness.

A few more rounds of in and out breath.

Allow your eyes to open if they've been closed.

Open up the attention to your surroundings.

And enjoy this gift of mindfulness that you gave yourself.

Check in with how you feel now compared to where you started.

What arose for you in this short practice?

Does your body feel different?

Did you notice some emotions or thoughts?

Consider finding opportunities throughout your day of fitting in this short practice of checking in with your attention, your breath, your body and your emotions.

Thank you.