

Mindfulness Exercises

Cheat Sheet



Six small practices that train your attention to stay in the present - each one fits inside an ordinary day, no cushion or app required.

1 PICK ONE, TRY IT TODAY

2 YOUR MIND WILL WANDER

3 RETURNING IS THE EXERCISE

1 The One-Minute Anchor

HOME BASE • 1 MIN



- Sit however you already are. Feel one full breath move in and out - nothing fancy.
- Count each exhale up to ten, then start again at one. Sixty seconds is the whole practice.
- Lost count? That was a moment of noticing. Smile and pick up at one.

WHY IT WORKS Your breath travels everywhere you do. One rehearsed minute turns it into a home base your mind learns to find fast, even mid-stress.

2 Body Scan Lite

HEAD TO TOE • 3 MIN



- Sit or lie down. Rest your attention on the crown of your head for two breaths.
- Slide it slowly downward: forehead, jaw, shoulders, chest, belly, hands, legs, feet.
- Fix nothing. Just report: warm, tight, tingling, numb, quiet - every answer counts.

WHY IT WORKS Tension hides where attention never visits. Touring the body pulls you out of the thought loop, and muscles often soften simply from being noticed.

3 Mindful Walking

RESTLESS DAYS • 5-10 MIN



- Walk at your normal pace. For the first minute, feel only your feet: heel, roll, push-off.
- Then open to sounds - near, far, steady, passing - without rating any of them.
- Then the air: its temperature, movement, sun or shade. Cycle feet, sounds, air.

WHY IT WORKS Meditation in motion suits restless minds. The rhythm of your steps gives wandering attention something steady to hold onto.

4 The First-Sip Ritual

MEALS & COFFEE • 30 SEC



- Before the first sip or bite, pause. Feel the cup's warmth and weight, catch the smell.
- Take that first sip as if you'd never tried it: temperature, taste, texture, swallow.
- That's the exercise - one sip, full attention. Then enjoy the rest however you like.

WHY IT WORKS Hooking practice onto a habit you already have means mindfulness happens daily without carving out a single extra minute.

5 Thoughts as Weather

BUSY MIND • 2 MIN



- Close your eyes and watch your thoughts the way you'd watch clouds cross a sky.
- When one drifts in, label it softly - "planning", "worry", "memory" - and let it keep moving.
- Don't chase, don't shove. You are the sky the weather passes through, not the storm.

WHY IT WORKS Watching a thought instead of being inside it creates distance - therapists call it defusion - and distance takes the sting out of sticky thoughts.

6 One Chore, Fully

DAILY PRACTICE • 5 MIN



- Pick one chore you do anyway - dishes, the shower, folding laundry - and name it your practice.
- Give it all your senses: water temperature, soap smell, the weight of a plate, the sounds.
- Each time your mind sprints to the next task, come back to what your hands are doing.

WHY IT WORKS The point was never clean dishes - it's repetitions. A chore you already do becomes daily training that costs zero extra minutes.

THE WHOLE SKILL

Notice you drifted, come back, skip the scolding. Every gentle return is one rep - a wandering mind means you're doing it right.