

The following is a short practice to help you feel more grounded, less overwhelmed, and better able to respond to whatever difficulties or challenges you are experiencing.

### STEP 1: BECOMING ALERT AND AWARE

Begin by consciously stretching and straightening your body and spine, as you sit, stand or lie down to begin this short meditation.

It is often helpful to close your eyes. However, if for whatever reason at all, this is not comfortable or possible, you may instead want to look downward to reduce any unnecessary distractions.

From here, see if you can bring your awareness, in a gentle and open manner, to your inner experience and ask:

What is my experience right now?

What thoughts are going through the mind? Do they tend toward the past or the future? Are they fast or slow?

You're not trying to change your thoughts or judge them, but are simply becoming more aware.

In the same way, ask, what feelings are there? Noticing them also without trying to fix or change anything.

Notice now, what physical sensations are here right now in the body? Perhaps tingling or vibration, warmth or cool, tension or relaxation. Just be, with what is arising.

### STEP 2: FOCUSING ATTENTION ON BREATHING

Now, gently place your attention on your breath by locating the physical sensation of breathing in the body, wherever you notice it most. Maybe you notice it in your nostrils, or upper lip, or perhaps the rise and fall of your chest or belly. Noticing where you can feel the breath most alive in the body.

There's no need to change, control or deepen your breathing, simply notice. Your breath becomes an anchor to bring you back to the present, helping you feel more centered and grounded.

If your mind wanders, know that this is part of the process and is absolutely okay. You're not doing this wrong. Rather, gently notice that you are thinking and then with kindness toward yourself, see if you can return your attention to the physical sensation of breathing.

### STEP 3: EXPANDING

Now from here, expand your field of your awareness so that you also are aware of your body as a whole, of your posture and your facial expression.

If you become aware of any sensations of discomfort, tension, or resistance, see if you can breathe into them on each in-breath and breathe out from them on each out-breath, as you soften and open.

And then, as best you can, see if you can bring this expanded awareness into the next moments of your day.