

Quick Mindfulness Exercise

A Simple 5-Minute Practice to Feel Grounded and Present

When life feels overwhelming, taking just a few minutes to pause and reconnect with your body and breath can make all the difference. This short mindfulness practice is designed to help you calm your mind, reduce stress, and feel more centered anytime, anywhere.

Step 1: Find a Quiet Spot (1 minute)

Sit or stand comfortably.

Soften your shoulders.

Let your hands rest loosely in your lap or by your side.

If it feels safe, gently close your eyes or soften your gaze on a single point.

Step 2: Focus on Your Breath (2 minutes)

Bring your attention to your breathing.

Take a slow, deep breath in through your nose...

Hold it for a moment...

Then exhale gently through your mouth.

Repeat for a few cycles.

Notice the rise and fall of your chest or the air moving in and out of your nose.

If your thoughts wander (and they will), gently return your focus to the next breath.

Step 3: Ground Yourself in the Present (1 minute)

Tune into your senses:

- What do you hear?
- What can you feel your feet on the floor, your back against the chair?
- What do you smell or see around you?

You're not trying to change anything just notice.

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Step 4: Acknowledge and Let Go (1 minute)

If any emotions or thoughts come up, acknowledge them without judgment.

You might say to yourself:

- That's a thought.
- That's a feeling.
- It's okay to feel this.

Then, gently bring your attention back to the breath or the present moment.
When you're ready take one final deep breath.

Open your eyes.

Take a moment to notice how you feel lighter, more calm, or simply more aware.
You just practiced mindfulness.

That's something to be proud of.

Use This Practice When You...

- Feel anxious or overwhelmed
- Struggle to focus
- Need a reset during a busy day
- Want to create a moment of calm during grief or stress



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