



## Ten Days of Mindfulness

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

The therapeutic benefits of mindfulness include decreased stress, increased happiness and improved thought clarity and focus.

Mindfulness is a skill that can be learnt and with practice, can enhance one's way of life.

This 10 day mindfulness meditation practice is to support the development of mindfulness skill in individuals and is a deeply personal way to engage in the benefits of the stillness of human mindfulness.



**DAY  
1****Develop Gratitude**

Take a moment to consider and mindfully acknowledge three things that you are grateful for in your life. At first you may find it simple to think of some of the 'bigger' things in your life – your partner, your home, or your employment. Think about what these things mean to you and all they bring to your life. As you move through time and gratitude practice, you may find yourself beginning to think more deeply, and about things in your life that are perhaps 'not so big' such as the tree outside your bedroom window, the smile of your local barista or the sound of your neighbours' children laughing.

As time goes by you may also find gratitude in experiences and challenges that at first, were not positive; however, over time and with gratitude these things may give us strength, learning experiences or new beginnings. As your practice develops you will find your gratitude flows more regularly, with ease and with joy.

**DAY  
2****Mindful Eating**

At your next meal opportunity take a moment to slow down and focus completely on the food in front of you. What do you notice? Consider the colour, texture, flavours...bring it to your mouth...notice what you notice...place the food in your mouth and be aware of the taste and sensation of the food in your mouth. Notice the experience of eating. Notice your saliva, the way your jaw and teeth move, the tastes, any smell. Chew slowly and mindfully. Try to be aware of the food as you swallow and the sensation of the food moving into your body to nourish you. Continue the practice for as many mouthfuls of food that you like.

**DAY  
3**

### Acknowledge Your Loved Ones

Take a moment to consider and mindfully acknowledge a person or the people you love or care about in your life. As our busy days flow into weeks and months it can be easy to overlook and lose appreciation of our loved ones and people we care about. Take the time to think about the person and what they mean to you, their characteristics, their strengths, their 'quirks' and perhaps the weights they carry in their lives. Mindfully accept everything about them without judgment. If you need to, engage in a way that feels comfortable and personally reconnect if you feel you need to.

**DAY  
4**

### Let Go Of 'Busyness'

Take a moment in your day, perhaps when you feel stressed, tense or if you are rushing around, to pause. To simply stop what you are doing for a moment...to notice your breathing, to acknowledge the sensations in your body and to consider carrying on without the need to stress, rush or be tense. Consider what you can do in this moment to release and let go of any associated sensations, thoughts or feelings so that you can focus on the task at hand without the added discomfort of stress, tension or rushing.



**DAY  
5**

### Know Your Inner Strengths

Take a moment to consider your inner strengths. Identify and note 3 of your own personal inner strengths. These could be personal virtues, capabilities, qualities of your being or attitudes. Take a moment to reflect on these and acknowledge your inner strengths. While acknowledging your strength, be also aware of any negative or limiting messages that you may be telling yourself. Acknowledge that the limiting thought is there but let it go and return your thoughts to your practice of identifying your strengths and virtues. Give yourself permission to acknowledge that you are a perfectly good imperfect person.

**DAY  
6**

### Practice Caring For Others

Find someone in your life today, perhaps someone less well known to you, and make an effort to be presently engaged with them. Start a conversation and open yourself to who they are without judging them. Show genuine interest and care in what they have to say about their life, relationships and/or wellbeing. Take the time needed to show care and share warmth to someone in your life.

**DAY  
7**

### Mindful Listening

Find a few moments in your day to pay attention to the sounds around you. Sit or stand comfortably for a few minutes and simply listen. Listen for different sounds around you. Stretch your awareness to each different sound that you can hear. Pause on a sound for a moment, noticing it, maybe naming it (e.g. people chatting, laughter, car, bird, wind etc) before moving on to another different sound. Move through the different sounds in your environment for a few moments. See if you can notice the space between the sounds, the underlying quiet that exists beneath all sounds.

**DAY  
8**

### Mindful Touch

If possible go to a place outside where you can observe something from nature, perhaps a tree, a flower, a bush, sunlight, the sky or the clouds. As you are observing nature try to feel the air on your skin... simply notice the sensation of air...notice if it is cool or warm, breezy or calm....notice the air enveloping around you... see if you can hear the air moving. Focus on the sensation of the air in contact with the skin, whilst observing an object in nature.

After some time move your focus and if you can, lay your hand on a tree, grass, or soil. How does it feel against your skin? Cool, rough, moist, dry. Focus fully on the sense of touch while observing nature.



**DAY  
9**

### Practice Empathy

Take a moment to consider someone in your life who may be experiencing some hardship or disturbance or who may be causing you trouble or disturbances. Take a moment to try to imagine yourself in their shoes. Try to understand what they might be feeling or thinking without judging them. Let go of any judgment about how they arrived at who they are or their life choices.

Cultivate empathy for them by trying to understand things from their perspective.

**DAY  
10**

### Sun Breaths

Take a moment to consciously breathe. Sit with the hands in the lap, notice the natural breath, then attempt to lengthen the breath by adding extra breath to the inhalation and then to the exhalation. Notice the breath as you breathe in and breathe out. At the same time as you breath in begin to raise the hands slowly upwards from the lap and when you exhale lower the hands back to the lap.

Focus your attention only on your breath. If other thoughts or sounds come into your mind, gently dismiss them and turn your attention back to your breath.

Continue like this for 5 - 10 minutes.

