

## A time to be a silent A time to be still

Mindfulness Based Stress Reduction with Stephanie Speer MA  
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- **FOCUS ON THE BREATH**

Close your eyes or lower your gaze. Be aware of the breath breathing. Be present for each inhalation and exhalation. When your mind wanders to thoughts, sounds, sensations, feelings, simply notice and return to the breath. If the mind wanders a thousand times, then a thousand times, gently return to the breath, with nowhere to go and no way to be, just this moment.

- **LISTEN TO SOUNDS**

Close eyes or lower gaze and listen. Listen to sounds as they come into your awareness. No need to go searching for the sounds. Let the sounds come to you. No need to identify the source of the sound, just listen.

- **RETURN TO THE PRESENT**

Bring attention to your body whether you are sitting, standing, walking or reclining. Notice the points of contact that your body is making to the chair, the mattress, the floor or the earth. Be aware of the sensations that are felt in these points of contact.

- **SCAN THE BODY**

Scan your body from the top of your head to the tips of your toes. Notice sensations. Spend some time with those areas where there is an intensity of sensation. Feel the sensations. No need to think about the sensations. Bring attention, curiosity and non-judgmental awareness to the qualities of these sensations. Notice the changes in intensity, sensations increasing, decreasing, arriving and disappearing, ever-changing, insubstantial and impermanent.

- **BRING MINDFULNESS TO DAILY LIFE**

Be awake, aware and present for life. Every moment is an opportunity to practice mindfulness. Be mindful when brushing your teeth, washing your face, folding the laundry, sipping tea, walking the dog, digging in the earth, gazing at the stars...

### Websites with research:

- Center for Mindfulness at U. of Mass. Medical School: [www.umass.med.edu/cfm](http://www.umass.med.edu/cfm)
- Mind and Life Institute: [www.mindandlife.org](http://www.mindandlife.org)
- [www.investigatinghealthyminds.org](http://www.investigatinghealthyminds.org)