

## Mindful minibreak guide

Below is a script for a mindfulness session. You can also play guided sessions from YouTube. You may find the script below inspiring if you choose to lead the session yourself. Read the following slowly, with 5-10 second pauses in between sentences.

- *“We’ll spend the next 10 minutes recharging our internal mental batteries. We’re taking a mental mini break. It is very simple, and I will guide you. You can’t do anything wrong. All you have to do is sit back and listen to my voice.”*
- *“Take a moment to sit back and relax (5-10 second pause). Keep your eyes open for now. Look straight ahead with calm and soft eyes. Take a few deep breaths. Breathe in through your nose and exhale through your mouth. When you breathe, notice how your lungs fill up with air. And when you exhale, notice how your body becomes more relaxed.”* Let the participants do this 2-3 times before moving on.
- *“Let your eyes close the next time you exhale. Let your breathing go back to its natural rhythm (pause for 10-15 seconds)*
- *“Take a moment to notice your body and how the weight presses against the chair under you. Your feet against the floor. Your hands and arms against your legs or armrest.”*
- *“Notice the sounds around you. Let the sounds come and go. It doesn’t matter if they’re loud or low volume. Just notice them and let them come and go. (10-15 second pause)”*
- *“Now bring your attention back to your body. Notice how it feels. In a minute you’ll scan your body from the top of your head and slowly move your attention all the way down your body. Notice what feels good and what doesn’t feel as good. You don’t have to change anything or feel a certain way. Just notice what you are experiencing and how you feel without judging whether it is good or bad.”*
- *Pause for 5 seconds in between each of the following sentences: “Start by sensing your head. Your face. Are they tense or relaxed? Move your attention to your neck. Down to your shoulders. Down to your stomach. In your arms. Your lower back. And feel your thighs. The back of your shins. Your feet.”*
- *“Now notice your breathing. Notice how your breathing generates movement in your body. How it creates a rising and a lowering feeling in your stomach or chest. Notice the movement without thinking about what’s wrong or right.” (Pause for 30 seconds)*
- *“Do not pay attention to your thoughts. Direct your attention towards your breathing if you feel like you are thinking too much. And then notice the way your body moves with your breathing. (Pause for 30 seconds)”*
- *“Notice if your breaths are short or long. Deep or superficial. (Pause for 10 seconds)”*
- *“For a moment let your thoughts go where they want to. If they want to think, let them.” (Pause for 30 seconds)*
- *“Now return your attention to your body. Notice it’s weight against the chair. Notice the sounds around you. And when you are ready, open your eyes back up.”*
- *“Welcome back. Spend some time to stretch or whatever you need”*