



1 Minute Mindfulness

The reality is that most people aren't willing to do formal meditation exercises consistently. Below are six informal mindfulness exercises you can use as an alternative to formal meditation.

1. **Take two mindful bites.** Instead of attempting to do mindful eating all the time, try mindful eating for the first two bites of any meal or snack, paying attention to the sensory experiences — the texture, taste, smell and appearance of the food, and the sounds when you bite into the food.
2. **Feel one breath fully.** Instead of formal meditation, try paying attention to what one breath feels like. Feel the sensations of one breath flowing into and out from your body. Notice the sensations in your nostrils, your shoulders, your rib cage, your belly, etc.
3. **Give your brain a break.** Instead of checking your email, look out a window and enjoy nature's beauty.
4. **Feel the air.** Pay attention to the air on your exposed skin for 30-60 seconds.
5. **Scan your body.** From top to toe, scan your body for any sensations of discomfort or tension. Next, scan your body for any sensations of comfort or ease.
6. **Create your own twist.** You can also take any formal meditation you like and create a more everyday version of it. Think of it as remixing to suit yourself.