MINDFULNESS ACTIVITY

Sit straight on a chair or on the floor. Keep the back and the shoulders relaxed. Close your eyes. Breathe mindfully for five minutes. Breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you inhale, you breathe in love, joy, and peace. As you exhale, you breathe out sadness, boredom, anger, and tiredness.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

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