

Mindfulness with Dr. Earl



2 Minutes of Mindfulness

Step 1. Find a comfortable spot. If possible, find a place where you can be alone.

Step 2. Sit in a chair with a straight back or if you prefer you can chose to lie down on a yoga mat or on your bed.

Step 3. Focus on your surroundings. What do you hear? How does your body feel? Are you

tense? Is there tightness in your muscles? What thoughts are going through your mind?

Step 4. Try to calm down or slow your breathing. With your mouth closed, breath in through your nose and breath the air out through your mouth. Do this until you feel more relaxed. Three to five times should make a difference.

Step 5. Focus on your breathing. After you breath in and breath out, repeat a calming phrase to yourself such as “relax”, “calm down”, or “I’m good”.

You should notice a difference in how your body felt before you started.

Disclaimer: This handout was created by Dr. Erlanger Turner, Ph.D. The content is only for educational purposes. Please contact a local mental health professional for tailored treatment for your needs.