2-Minute Mindfulness Exercise

1. Find a quiet and comfortable space where you won't be disturbed for the next couple of minutes. You can sit or lie down, whichever feels more relaxing to you.

2. Close your eyes and take a deep breath in, filling your lungs completely, and then exhale slowly, releasing any tension or stress.

3. Begin to focus your attention on your breath. Notice how the air feels as you breathe in through your nose, and observe the sensations as you exhale through your mouth.

4. As thoughts or distractions arise, simply acknowledge them without judgment, and gently bring your attention back to your breath. Allow each breath to anchor you in the present moment.

5. Now, gradually expand your awareness beyond your breath and pay attention to the sensations in your body. Notice any areas of tension or relaxation. Just observe these physical sensations without trying to change anything.

6. Finally, as you come to the end of this exercise, take a moment to express gratitude for this brief time of self-care and mindfulness. Slowly open your eyes and continue with your day, carrying the benefits of this practice with you.

Remember, practicing mindfulness regularly can help reduce stress, improve focus, and cultivate a greater sense of calm and well-being in your life.