



COURAGEOUS
WORKFORCE

Focused Attention Mindfulness

DIRECTIONS FOR PRACTICE

INSTRUCTIONS

Find a comfortable place to sit. Settle your body by placing your feet on the floor, lowering your shoulders, relaxing your arms and hands in your lap, on your side or on the table. Move your head slowly from side to side to release the muscles in your neck.

Soften your gaze blurring out the environment around you. If you feel comfortable, close your eyes or continue to focus on one item in front of you.

Turn your attention to your breath. Slowly breath in through your nose deep into your belly. Hold it for a count of 4 and slowly breathe out through your mouth. Listen to how your breath sounds and how your body feels as you fill it with oxygen and breathe out carbon dioxide.

Focus on the object in your sight line or choose a word, phrase or visual in your brain to center on. Your mind will wander during this time. That is okay. Gently bring it back to your focus. Do this as often as necessary with no judgement on your wandering mind.

When you are ready, open your eyes and look around to see and hear what is happening in your environment.

Take a moment to reflect on how you feel, to accept those feelings without judgement before re-engaging in the day.



Begin by staying in this mindfulness state for about 3 minutes.

As you become more practiced and if you have time, you can increase the time of focus.