### Worksheet 1

Mindfulness means being in the here and now, not only physically but also mentally. There are various ways to train mindfulness, such as mindful breathing, meditation, yoga, and autogenic training. However, other opportunities exist to integrate mindfulness into everyday life, such as focusing on food taste during breakfast or consciously perceiving the fresh air and ambient sounds in nature.

**Mindful Breathing Exercise**

1. Sit in a comfortable, upright position on a chair. Keep your back straight without leaning. Place your feet parallel on the floor, your hands flat on your thighs or lap, and relax your shoulders and arms.
2. Close your eyes.
3. Pay attention to your breathing. Follow each breath as it enters and leaves your body. Feel how your abdominal wall rises during inhalation and falls during exhalation. If you like, place a hand on your stomach.
4. Try not to influence your breath in a specific way. It comes and goes on its own; you simply observe. You don't have to do anything to achieve anything.
5. Now, start counting your breaths. Inhale - 1 - Exhale - 2 - until you reach 10, then start again.
6. If your attention is wandering from your breath, that's completely okay. Your mind does it naturally; observe it without judgment. Simply redirect your attention gently back to your breathing and continue counting.
7. No matter how often you stray, gently and non-judgmentally redirect your attention to your breathing.
8. Continue the exercise for about five to ten minutes.
9. Then, redirect your attention to the space around you. Perceive the sounds around you and open your eyes when you're ready.
10. Move your fingers and toes, stretch, and conclude the exercise.

**How did you find the exercise? Was it easy to perform?**

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**Would you continue to practice the exercise?**

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