

Learn to minu-tate

Research and science has given us plenty of reasons to meditate, from managing stress and anxiety to promoting and improving emotional health, self-awareness and may even make you a little kinder. Or, you just may need to get away from what ever is overwhelming you at any moment. We have all felt like we can't go find a quiet place and take a 10-minute time out. However, we can always find 1. Here's an approach you can use.

The mindful minute

1. Sit tall, with your spine straight, your ears over your shoulders, and your chin slightly tucked towards your chest.
2. Place your hands on your lap or knees, what ever feels right to you.
3. Lay your hands palms-up, allow your finger muscles to relax.
4. Close your eyes or gaze on a spot about a foot in front of you.
5. Focus on your breath, deep inhalations and slow exhalations.
6. Repeat 6-8 times.

As you improve you can enhance the experience by relaxing tense areas of your body by tensing them up while breathing in, and relaxing the tension when breathing out.

Minu-tate away!