

20-Second Mindfulness Meditation

Setting an intention for the day

Time
20 seconds or longer

Where
Anywhere

You need
Two words

Why short practice counts

- Regular practice can change the brain over time, like a forest path that gets clearer the more it's walked.
- 15 to 20 minutes is a common goal, and short practice still counts.
- Five or six slow breaths can engage the body's "brakes," the calming parasympathetic system.
- A "trigger reminder," like a doorway or your coffee cup, makes practicing often easier.

Noticing without judging

Minds are busy, and thoughts will wander in. Notice them and gently guide your focus back, like teaching a puppy to walk on a leash. Wandering is part of the practice.

Get ready

Posture How am I sitting?

Contact Notice your feet, the chair, your hands.

Breath Slow in, long out. Longer exhales help the body settle.

Eyes Closed, or softly resting on one spot.

Choose two words

Pick two words for how you'd like to be today: a feeling, a state of mind, a kind of awareness. One way to find them: "At the end of today, how would I like to have been?"

My two words

Practice

- 1 When the bell rings, turn your attention inward.
- 2 Breathe slowly in and let the breath out a little longer.
- 3 Bring in your two words: picture them, hear them, or notice how they feel.