



# Mindfulness exercises: questions



Sometimes it is difficult to practice mindfulness exercises because of distraction, impermanence of thoughts and lack of patience. Too much responsibilities and inappropriate expectations can also be a hindrance. However, persistent practice is key, as even short mindfulness sessions can bring benefits to your mental and emotional health.

## Questions

Sit down comfortable. Don't cross your legs. Focus on the questions below, focusing on your own experiences.

- Can you feel your hair touching your head?
- Do you feel your belly falling and rising as you breathe?
- Can you feel the space between your eyes?
- Can you feel the distance between your ears?
- When you inhale, do you feel your breath touch the back of your eyes?
- Can you imagine something that is far away?
- Can you notice how the arms touch the body?
- Can you feel the soles of your feet?
- Can you imagine a wonderful day at the beach?
- Can you notice the space inside the mouth?
- Can you notice the position of your tongue?
- Can you feel the air on your cheeks?
- Can you feel that one arm is heavier than the other?
- Do you feel a tickling or numbness in one hand?
- Do you feel that one hand is more relaxed than the other?
- Can you feel the change in the temperature of the air around you?
- Do you feel that your left hand is warmer than your right?
- Can you imagine Siena as a rag doll?
- Can you notice any tension in your left forearm?
- Can you imagine something very pleasant?
- Can you imagine lying on a cloud passing through the sky?
- Can you imagine being submerged and stuck in honey?
- Can you imagine something that is far away?
- Can you feel the heaviness in your legs?
- Can you imagine floating on warm water?
- Can you notice how your flesh hangs on your bones?
- Can you afford to lazily go with the flow
- Can you feel your face soften?
- Can you imagine a beautiful flower?
- Can you feel how one arm and leg are heavier than the other?

When you are ready, take three deep breaths and come back to your reality.

Are you looking for help? Remember that we are here for you and our team of specialists is ready to give you the help you need.

