



## **FOCUS ON A SINGLE MINUTE**

The purpose of this exercise is to help you become more aware of your own internal sense of time. Most of us feel like time is passing very quickly, causing us to rush and feel constantly behind schedule. Others have the sense of time passing very slowly, which may result in the sense that you have more time than you actually do.

Find a comfortable place to sit where you will be as undisturbed as possible. Press go on a stopwatch on your phone, watch, or an actual stopwatch.

Your job is to just sit. Don't look at the timer. Let your mind wander- don't try to control your thoughts. Just sit.

When you believe one minute has passed, stop the timer.

# FOCUS ON A SINGLE MINUTE EXERCISE REFLECTIONS



How long actually elapsed?

Blank space for reflection.

Are you surprised by this?

Blank space for reflection.

When you realize how “off” your estimation of one minute is, what is your reaction? What thoughts or feelings come up along with this realization?

Blank space for reflection.

How does this exercise/ realization apply to your every day mom life?

Blank space for reflection.

# MINDFULNESS OF THE BREATH

Now that we know how long a minute actually is- are you willing to pause and use one minute (or even less) to actively do something to get out of your head and back into the present moment?



## TAKE TEN BREATHS

At least once a day, pause for a moment and take ten slow, deep breaths.

Focus on breathing out as slowly as possible, until the lungs are completely empty, and breathing in using your diaphragm. Really try to stretch out that exhale.

Notice the sensations of your lungs emptying and your ribcage falling as you breathe out. Notice the rising and falling of your stomach.

Notice any thoughts passing through your mind. Notice any sensations in your body.

Observe those thoughts and feelings without judging them as good or bad, without trying to change them, avoid them, or hold onto them. Simply observe them.

Notice what it's like to observe those thoughts and feelings with an attitude of acceptance.

Do this for 10 deep breaths, stretching out the exhale and making space for all the thoughts and feelings.