

## **Beginning Check In**

This is a brief 3 minute practice that you can use to be mindful of the present moment and center yourself for whatever is coming next in your day. Although short, it can help you recognize how you are feeling mentally, physically, and emotionally. This practice can be incorporated into your daily life, using it as often as you like throughout the day. I suggest practicing with your eyes closed and in a quiet environment where you will not be disturbed. It can be done sitting or lying down, but in a way that will not promote sleep.

**Take a few moments to be still.**

**Take a few deep breaths. Feel the belly rise and the air coming in through your nose on the in breath and feel your belly contracting as you breath out. Once more, breathing in through your nose and releasing through your mouth.**

**Begin the mindful check-in by feeling into your body and mind and simply allowing for any waves of thought, emotion, or physical sensation. Perhaps this is the first break you have taken during a busy day. As you begin to enter the world of being, rather than doing, you may notice several feelings that you have been carrying around throughout your morning/day. You may notice sensations in your head or neck or shoulders that you had not previously noticed.**

**There is no need to judge, analyze, or figure anything out. Just allow yourself to be here and now, amidst everything that is this present moment.**

**Allow any thoughts to be acknowledged and watch them dissipate.**

**As you come to the end of the mindful check-in, congratulate yourself for taking the time to take care of your health and well-being.**

**Begin to come back to the room and when you are ready, you can open your eyes.**