

One-Minute Manager Ideas for Practicing Mindfulness

Take 5

- Sit comfortably in a chair
- Feel the soles of your feet on the ground
- Make a fist with one of your hands
- Place your fist palm down on your thigh; you can either close your eyes or softly gaze about two feet in front of you
- Breathe in and out at a normal pace. Each time you exhale, allow one of your fingers to extend, e.g., thumb, index finger, etc. until you have taken five breaths and all your fingers are extended. Feel your palm and your extended fingers on your thigh and take another breath.
- Open your eyes or bring your focus back to the group
- Notice the sensations in you hand
- You can extend this exercise to be a take 10 and use both hands

Starfish

- Choose a hand to be your starfish. Extend this hand, palm out, with fingers spread like a starfish.
- Use the pointer finger from your other hand to trace the starfish as you breathe. Start at your thumb, and as you breathe in, trace up your thumb to the top. Do this carefully, so your movement matches your inhale.
- Now, as you breathe out, trace down the inside of your thumb. Again, move slowly paying attention to keeping the breath and movement together.
- Continue breathing up and down each finger, matching your movement with your breath. As you breathe and trace, notice the sensations of movement in your body – your chest and belly moving in and out and your finger moving up and down.
- When you come to the base of your wrist below your little finger, rest for a moment. Check in with yourself. Notice how you are feeling without overthinking or judging.
- Try this again with your other hand.

Further resources

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

<https://www.mindful.org/author/ion-kabat-zinn/>