

Zest For Zen

5

Minute Mindfulness Script

Follow to guide you through moments of tranquility.

In just five minutes, you can cultivate peace and presence in your life.

1.

Find a quiet and comfortable space where you won't be disturbed.

2.

Sit or lie down in a relaxed position, whichever feels most natural to you.

3.

Take a few deep breaths, inhaling through your nose and exhaling through your mouth, allowing your body to relax with each breath.

4.

Now, bring your awareness to your breath. Notice the sensation of air entering and leaving your body. Focus on the rise and fall of your chest or the feeling of your breath flowing through your nostrils.

5.

As you continue to breathe, let go of any thoughts or distractions. If your mind starts to wander, gently bring your attention back to your breath without judgment.

6.

With each inhale, imagine yourself drawing in peace and calmness. With each exhale, release any tension or negativity stored within you.

7.

Allow yourself to be fully present in this moment, accepting it exactly as it is without trying to change anything.

8.

Stay in this state of mindfulness for the next five minutes, savoring the stillness and tranquility.

9.

When the time is up, slowly bring your awareness back to your surroundings. Wiggle your fingers and toes, stretch your body if it feels good, and open your eyes if they were closed.

10.

Take a moment to reflect on how you feel after this brief practice of mindfulness. Notice any shifts in your mood, energy, or perspective.

Congratulations on completing your 5-minute mindfulness session! Remember, you can return to this script whenever you need a moment of calm amidst the busyness of life. May this practice bring you peace, clarity, and presence in each moment.

Stay connected with us on the [Zest for Zen](#) blog for more insights, recipes, and practices that nourish both body and soul. Together, let's cultivate a life of mindfulness, one breath at a time.