

Detached Mindfulness Exercise

1. Take an ordinary object like a pen or coffee cup and place it in your hand - use a neutral item with some weight to it. An item that does not trigger strong emotional feelings for you. (Not your mobile phone)
2. Softly begin to focus on the item in front of you.
3. Gently observe the space it occupies.
4. Notice the colour of the object, the different shades in the light.
5. Gently notice the textures of the colours, the smooth or rough texture of the item.
6. If the object could make a pleasing, peaceful sound, what might that sound be?
7. Notice the space around the object.
8. Notice how the item can just sit quietly and effortlessly in the now. Observe and be in that effortless now.
9. Allow that effortless calm begin to float through you as you breathe slowly and easily. Just notice your breathing, right now.
10. Now as you draw your attention away from the item reflect on how you feel; better perhaps, just that little calmer.
11. Be aware how you can take that feeling of calmer with you and bring it back at any time when you next engage in this exercise.
12. Just give yourself permission to breathe and calmly continue with the day-to-day activities of life.

