Mindfulness Practices on Unmind

**Mindfulness**

Mind the gap

**Settling the Mind and Body**

Pay attention to your breath and body in this settling practice with Choden.

Good to know: This is a practice from the Mindfulness for Anxiety Series in our Wellbeing category. 10 min

**Breathing in Harmony**

Use this practice with Choden to breathe out stress, and breathe in harmony, nourishment and balance.

Good to know: This is part of our Mindfulness for Anxiety Series in the Wellbeing category. 11 min

**Acceptance Practice**

Bring more acceptance into how you manage your difficult emotions in this mindfulness practice with Buddhist monk, Choden.

Good to know: Best done seated on a chair or cushion. 12 min

**Compassionate Breathing**

Visualise the energy of kindness and allow it to flow through your breathe in this soothing and compassionate practice.

Good to know: This is a practice from our Mindfulness for Anxiety Series found in the Wellbeing category. 11 min

**Beginner's Mind**

Bring a fresh, fully engaged awareness to the environment around you.

Good to know: This exercise can help you see your surroundings with fresh eyes. 2 min

**Self-Compassion**

Soften around your feelings and bring kindness to yourself through this compassionate practice with Buddhist monk, Choden.

Good to know: Best done seated as part of your meditation practice. 12 min

**The Gate in the Sky**

A beautiful visualisation practice to bring compassion to your present moment with Buddhist monk, Choden.

Good to know: This is a practice from the Mindfulness for Anxiety Series found in our Wellbeing category. 12 min

**Discomfort**

Learn to respond mindfully to discomfort within your body.

Good to know: This super-quick exercise helps you accept uncomfortable feelings. 1 min

**Present Moment**

Ground yourself in the present moment and bring awareness to what you're experiencing.

Good to know: This can be used at any time of the day when you're feeling stuck on autopilot. 4 min

**Ever-Present**

Guide your mind towards present moment awareness.

Good to know: You can learn to use your breathing as an anchor to the present moment. 2 min

**Mindful Stretching**

Release physical tension and bring awareness to your body in a gentle, relaxing way.

Good to know: This exercise requires you to stand. 6 min

**RAIN**

A simple technique that can help change your relationship with difficult emotions.

Good to know: Practise with this audio until you can apply the technique whenever you need to. 3 min

**Body Awareness**

Bring awareness to your body in the present moment.

Good to know: Best done sitting as part of your meditation practice. 6 min

**Breath and Body**

Bring mindful awareness to both your breath and body in this present moment.

Good to know: This exercise starts with standing before moving to a seated position.

9 min

**Curious Attention**

Focus your attention on the present moment with curiosity and kindness.

Good to know: Best done seated as part of your meditation practice. 11 min

**Directing Attention**

Explore your capacity to move your attention at will.

Good to know: This short breathing exercise can help unite your mind and body. 1 min

**Back to Now**

Focus your attention on the present moment and everything that is part of your experience.

Good to know: Best done seated as part of your meditation practice. 10 min

**Body Sweep**

Bring your attention to your body.

Good to know: This exercise is ideal for helping you reconnect with your body. 1 min

**Just Being**

Connect with your present experiences, through the breath, the body and sounds.

Good to know: Best done seated as part of your meditation practice. 9 min

**Relaxed Awareness**

Ground yourself in the present moment, holding a gentle awareness of what is here for you now.

Good to know: Best done seated as part of your meditation practice. 10 min

**Engage Your Senses**

Engage your five senses to raise your awareness of your surroundings.

Good to know: Use this any time you want to ground yourself in the present moment. 1 min

**Breathing Space**

Become more aware of how you're feeling at any time of the day - regrounding yourself in the here and now.

Good to know: Practice with the audio until you're able to use the technique whenever you need. 4 min

**Exploring a Difficulty**

Help train your mind to respond mindfully during difficult times.

Good to know: Try to have a manageable personal difficulty in mind before starting.

6 min

**Mindful Eating**

Use a meal as a mindfulness training opportunity.

Good to know: Have a piece of fruit, chocolate or any other snack-type food on hand.

5 min

**Sound Awareness**

Use the sounds around you to help anchor your mind in the present moment.

Good to know: Prepare to tune into sounds near and far. 1 min

**Mindful Walking**

Learn to ground yourself in the present moment and step outside of autopilot through walking.

Good to know: Practice with this audio when you have a little private time and space to yourself. 6 min

**Settling and Grounding**

Buddhist monk, Choden, will help you settle and ground your mind.

Good to know: Find a place where you can sit, undisturbed for a few minutes. 7 min

**Watching Thoughts**

Notice thoughts as they come and go.

Good to know: Try this exercise if you want to distance yourself from your thoughts.

1 min

**Body Scan**

Buddhist monk, Choden, will guide through this classic mindfulness practice.

Good to know: This exercise is best done lying down or sitting in a chair. 10 min

**Mindfulness of Breath**

Buddhist monk, Choden, guides you through this mindfulness exercise using breath as your anchor.

Good to know: Try this when you have 10-minutes to sit without being interrupted.

10 min

**3-min Breathing Space**

In the space of 3 minutes, Buddhist monk, Choden, will help you find your present-moment-awareness.

Good to know: Practice this until you're able to use it without the audio, whenever you need to. 6 min

**Mindfulness of Sound**

Buddhist monk, Choden, will help train your capacity to notice distraction through mindfulness of sound.

Good to know: Try this when you can listen without headphones. 10 min

**The Guest House**

Practise facing discomfort using the metaphor of a guest house with Buddhist monk, Choden.

Good to know: This is best for when you can commit to a full meditation, without distraction. 10 min

**Body Connection**

Bringing awareness to the body, sensing it from the inside out.

Good to know: Try this practice when you are able to lie or sit down, without being disturbed. 10 min