

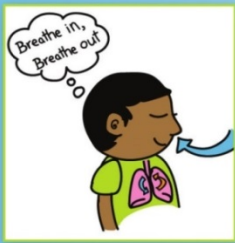
GIZMO CAN HELP YOU with Mindfulness Exercises too!

Meditation is doing nothing **AND** listening to your own thoughts at the same time. It can help you with your feelings, thoughts and actions. Sometimes, meditation is hard at first, but once you get the hang of it, you will **LOVE** it!

HERE'S HOW YOU DO IT



1. Sit comfortably in a chair or cross-legged on the floor. Keep your back straight, and let your shoulders relax. Take a deep breath, and close your eyes, if you want.



2. Focus on how the air feels as it moves in and out of your nose.



3. Sometimes thoughts will come into your mind and distract you from paying attention to your breathing. That's ok - just refocus on how the air feels as it moves in and out of your nose, and how it fills your chest and then leaves with every breath.



4. Try to meditate for 5 to 10 minutes every day, just like brushing your teeth. If you meditate every day you will find it easier and easier to do and it will help your feelings, thoughts and actions.

