

Mental Focus Exercises

Grasp your hands really tight and hold for 5 to 10 seconds, then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.

Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then just bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.

Listen to your favourite song and pay attention to how it makes you feel. What emotions stir? What memories come up, and how do those memories make you feel? Engage the emotions and see where they lead.

Another helpful mindfulness trick is simply to notice what you are experiencing right now through three senses – sound, sight, touch. Take a few slow breaths and ask yourself:

- What are three things I can hear? (clock on the wall, car going by, music in the next room, my breath)
- What are three things I can see? (this table, that sign, that person walking by)
- What are three things I can feel? (the chair under me, the floor under my feet, my phone in my pocket)

Respond to these questions slowly, one sense at a time. **It's impossible to do this exercise and not be present and mindful!**