

# Flower Mindfulness

This is a simple exercise designed to help you to find a bit of stillness and quiet if you have a busy brain.

## ① Choose a flower

It can simply be a flower picked from a verge, your garden or a flower bought in a supermarket, but make sure it is something that you are drawn to. If you don't have access to a flower, then looking at a picture of one would also be ok.

## ② Take that flower and hold it in your hand

Or if it's growing somewhere and you can't pick it then just look at the flower where it is growing.

## ③ Sit and really look at it

Look at it as if it's the first time you've ever seen a flower. Discover what it actually looks like. Notice the shape of the petals, notice the texture - is it velvety, is it satiny?

## ④ Really look at the colour

Is it one colour, is it many colours? Does it have a fragrance?

Let the flower fill up the whole of your focus

Does it remind you of anything, does it take you anywhere?

When thoughts and emotions come up, notice them, and then gently redirect your attention to the flower in front of you.

Do this for 3 minutes to start with

You can gradually increase the time with practise. Set a timer on your phone or clock so you don't have to worry about the timing. This simple practice will help to bring you out of your head and back into your body and hopefully bring you some calmness, clarity and focus.