

# MINDFULNESS EXERCISES

27 April 2020

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Practise the skill of Mindfulness with our series of on-demand exercises. Mindfulness is the skill of giving complete attention to whatever you are doing right now, without distraction. It is a technique that you can develop to help you improve efficiency, reduce anxiety and stress, be more focused, and improve your general sense of wellbeing.

## **RAPID RELAXATION**

## **RELAXING BODY SCAN**

**MINDFULNESS OF BREATH**

**MINDFULNESS OF BODY**

**MINDFULNESS OF EMOTIONS**

**PREPARATION FOR STILLNESS**

## **STILLNESS MEDITATION**



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