

# Mindfulness Meditation

Mindfulness involves intentionally living with awareness in the present moments, without judgment or attachment. It is a skill that can be practiced at anytime, anywhere and can be especially helpful in a hospital setting. Many people find mindfulness meditation helps them feel more grounded and calmer during times of stress.

To listen to each meditation, scan each QR code with the camera or your favorite QR code scanner app on your smart device. Meditations are available in English and Spanish.

## Visualization exercise

English



Español



## Awareness of breath

English



Español



## Dropping anchor

English



Español



## Affectionate breathing

English



## Breathing space exercise

English



## Awareness of physical sensation

English



Español



## Five (5) senses

English



## Body scan

English



Español



## Self-compassion

English



Español



## Slow exercise

English



Español



## Dropping anchor 2

English



## Playlist of all videos

English



Español

