



Key Advice

Meditation Script

Start with a short meditation exercise to help everyone let go of what came before and become fully present. You may have your way of guiding this, or you can use the script from the 2-Minute Focus Reset Meditation (Headspace, 2022):

If it's comfortable for you, let's begin by taking a gentle, deep breath. In through the nose...and out through the mouth. And with that exhalation, adopting a comfortable posture of awareness, returning the breath to its natural rhythm and allowing your attention to gently drop into this present moment. And without turning or looking around, just lightly bringing into your awareness all that's in your surrounding space.

[... pause ...]

And with your next out breath, allow your focus to fall onto one specific object that's in your field of vision. And it's not an intense stare, so just maintaining it as a very soft focus.

[... pause ...]

And this is a gentle practice, so if at any point the eyes become fatigued, allowing yourself to gently close them for a moment or two, and then reopening them, nice and easy.

[... pause ...]

Noticing as any thoughts come and go and just returning the attention back to your object.

[... pause ...]

And now, letting the focus zoom back out again, being aware of your surroundings, perhaps blinking a few times, allowing this cultivated focus to follow you into your next activity.



Afterwards, take a moment to check in with the group and see how everyone is feeling. You can use a few open-ended questions to guide the conversation:

- Did anything come up for you during this meditation? How did it make you feel?
- Looking back on your day, was there a moment that made you smile? What was it?
- Was there anything that made you feel grateful today? Did someone show you kindness, or did you receive a compliment?
- Did you have a positive experience today? What happened?