

Mindfulness

Trying Mindful Attention With Choice

Adults and teens 13+ | 10 to 15 minutes

Mindfulness involves intentionally noticing present experience. It does not require an empty mind, a particular posture, or feeling calm. Some practices are uncomfortable or unhelpful for some people. You can choose an external focus, keep your eyes open, shorten the practice, or stop.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Choose a neutral focus

For a few moments, notice one feature of an object, a sound, or contact with a chosen surface. Breathing is optional. If attention wanders, you can return gently without treating wandering as a mistake.

Check whether it fits

Afterward, ask whether you felt more able to engage, unchanged, or less comfortable. No outcome is required. Try another kind of support if inward attention, stillness, or the setting does not suit you.

1. What focus, posture, and length would feel manageable to try?**2. What did you notice without needing to change or explain it?****3. How did the practice affect your comfort and ability to engage?****4. Would you repeat, adapt, or stop it, and what alternative would you choose?****Clinical use and adaptation**

Ask permission and assess responses rather than assuming benefit. Offer movement or external attention for trauma, dissociation, pain, and sensory needs. Mindfulness is not a substitute for assessment or urgent care, and adverse reactions should guide adaptation.