



The practice: choose an anchor, notice a distraction, return. You don't have to empty your mind or finish feeling calmer.

Before you begin

A stable chair, a comfortable position, feet supported if possible. Eyes open or closed, whichever feels comfortable. A quiet timer is enough. Never while driving or performing a dangerous task.

The session, minute by minute

Read the guidance before the session, then leave some silence between the steps:

- 1. Settle in:** look around the room, feel where your body touches the chair or your feet touch the floor.
- 2. Find an anchor:** observe your natural breathing without changing it. Alternatively, choose points of contact or sounds.
- 3. Notice:** recognize the distraction, perhaps label it "thought," then return.
- 4. Begin again:** keep the same anchor without forcing it. Adjust your position or stop if necessary.
- 5. Finish:** look around, move gently, note the anchor you used and how tolerable it felt.

Adapt, don't endure

Focusing on breathing feels uncomfortable: choose a sound or a visible object. Sitting is difficult: adapt your posture. Walking is an option: use a clear path, keep your eyes open, and pay attention to the contact of your footsteps without ignoring your surroundings.

Start with one to five minutes. After a week, keep the same duration, shorten it or lengthen it slightly according to your preference and tolerance. These durations are guidelines for organizing your practice, not validated therapeutic doses.

When to stop: if anxiety rises noticeably, stop, open your eyes and resume a familiar activity. Repeated panic, intrusive memories, a sense of unreality or persistent symptoms: seek help from a healthcare professional. Do not replace healthcare with meditation. In immediate danger, contact emergency services.

Seven-day journal

One line is enough. A blank box does not mean you need to catch up.

Date	Duration	Anchor	Observation / discomfort during or after

An original educational exercise, not intended to treat a disorder. The full guide details the exercises, adaptations and sources.

Article and sources:

le-biohacker.fr/blog/meditation-pleine-conscience-exercices

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