



Teaching Mindfulness to Clients

TIPS AND GUIDED MEDITATION SCRIPTS
FOR HELPING PROFESSIONALS



by THE WELLNESS SOCIETY

Contents

10 Tips for Teaching Mindfulness to Clients.....	1
Mindful Breathing Meditation Script.....	5
Body Scan Meditation Script.....	6
Progressive Muscle Relaxation (PMR) Script.....	9
Loving-Kindness Meditation (LKM) Script.....	12
Mantra Meditation Script.....	14
Visualisation Meditation Script.....	15
Vipassana Meditation Script.....	17

10 Tips for Teaching Mindfulness to Clients

Mindfulness has become a huge buzzword in pop psychology. It's often touted as a panacea for a wide range of issues, which may lead to people viewing it as a fad.

As helping professionals, our challenge is to navigate these preconceptions and introduce mindfulness in a way that resonates with each client's unique experience.

Here are 10 tips for how to teach mindfulness, address resistance, and tailor techniques to individual client needs.

1. Build a Solid Foundation

Before we can effectively encourage our clients to practice mindfulness, it's crucial for us to have a personal understanding and practice of mindfulness ourselves.

Engaging in our own mindfulness practice supports our wellbeing and equips us with authentic insights to share with clients.

This personal foundation allows us to model mindfulness genuinely and offer firsthand accounts of both its benefits and challenges.

2. Validate Emotions First

It's important to invest ample time in understanding and validating our clients' emotions and challenges before introducing coping skills like mindfulness.

Validating emotions involves acknowledging the client's feelings without judgement. Focus on creating a safe space for them to express themselves.

3. Explore Current Mindfulness and Autopilot Experiences

An effective way to introduce mindfulness is by exploring the client's current experiences with mindfulness and autopilot.

Ask them about hobbies or activities where they lose track of time and quiet their mind. Whether it's painting, running, gardening, or fishing, people often engage in mindfulness without realising it.

Highlighting that they already engage in mindfulness can make it seem less intimidating.

Conversely, discussing times when they operate on autopilot can help them recognise the benefits of being present in the moment.

You could ask:

- *"Can you think of times when you go through your day on autopilot, not fully aware of what you're doing?"*
- *"Have you ever driven somewhere and realised you don't remember the journey at all?"*
- *"What is it like when you realise you've completed a task but don't remember the process of doing it?"*

10 Tips for Teaching Mindfulness to Clients

4. Explore Their Thoughts on Mindfulness

Next, engage clients in a discussion about their understanding, experiences, and reservations about mindfulness. This dialogue helps uncover popular misconceptions and provides a starting point for tailored interventions.

Example questions include:

- *"What do you know about mindfulness?"*
- *"Have you ever tried mindfulness or meditation?"*
- *"Do you have any concerns or hesitations about it?"*

5. Address Misconceptions

Common misconceptions about mindfulness, such as "I'm bad at meditating", can deter people from engaging in it.

Address these misconceptions by normalising their experiences. Explain that mindfulness is a skill that improves with practice and that it's not easy.

Setting realistic expectations about mindfulness is also crucial – it won't eliminate pain, but it can reduce suffering. Be honest that facing emotions might initially increase discomfort, but reassure them that it's a natural part of the process.

6. Personalise Your Approach

By linking mindfulness to your client's specific goals and values, you can make the practice more relevant and motivating for them. For example:

- For those focused on relationships, discuss how being present can enhance interpersonal connections.
- For clients dealing with anxiety, explain how mindfulness can help manage anxious thoughts by creating a space between their thoughts and their reactions, allowing them to respond with less reactivity.
- For people experiencing low mood, explain how mindfulness can help them become more aware of their thoughts and feelings, allowing them to identify unhelpful patterns and cultivate a more balanced perspective.

7. Provide Psychoeducation

Psychoeducation can be a powerful tool, especially for clients with a logical or scientific mindset.

Share research findings, neuroscience insights, and worksheets that illustrate the effectiveness of mindfulness. For example, worksheets discussing how mindfulness can help reshape our stress response system and reduce rumination can be compelling. Providing concrete evidence helps build trust in the practice.

10 Tips for Teaching Mindfulness to Clients

8. Practice in Session

Incorporate mindfulness exercises into your sessions to give clients a direct experience of the practice. You might explore:

- Mindfulness of emotions to help clients identify where emotions are felt in the body and to differentiate between different feelings.
- [Grounding techniques](#) to anchor clients in the present moment, which can be particularly helpful during moments of distress or dissociation. A simple grounding exercise involves having clients focus on their five senses by identifying things they can see, hear, touch, taste, and smell.
- [Breathing exercises](#), such as the 4-7-8 technique or box breathing, to help calm the nervous system.
- Guided meditations – this PDF includes scripts that are simple and to the point, allowing listeners plenty of space to rest in the meditation. They're also written from a secular perspective, making them suitable for a wide audience.

After the practice, discuss how they felt before, during, and after the exercise. This reflection helps them see the immediate effects of mindfulness and can encourage continued practice.

9. Explore a Wide Range of Practices

Different mindfulness techniques work for different people, so it's important to present a wide range of options.

If they express an interest in mindfulness, share resources like our [Mindfulness Journal](#) that covers both informal and formal practices:

- General Mindful Awareness
- Grounding Techniques
- Mindful Behaviour Change
- Mindful Eating
- Mindful Movement
- Mindful Pleasure
- Mindful Breathing Meditation
- Sound Meditation
- Mantra Meditation
- Body Scan Meditation
- Progressive Muscle Relaxation (PMR)
- Loving-Kindness Meditation (LKM)
- Visualisation Meditation
- Vipassana Meditation

You can ask them to read it as homework and offer to explore the practices that appeal to them in session. This tailored approach ensures that clients find mindfulness techniques that resonate with their preferences and needs, leading to greater engagement.

10 Tips for Teaching Mindfulness to Clients

10. Focus on Informal Practices Where Appropriate

Remember that meditation can seem daunting for some people.

In these cases, emphasise informal practices that can be easily integrated into daily life. For example, general mindful awareness, mindful movement, and mindful eating may be less intimidating.

Highlight that mindfulness doesn't always require sitting still in silence – it can be practiced in various ways.

Summary

If you're interested in teaching mindfulness to clients, here are ten things to consider:

- Build a solid foundation
- Validate emotions first
- Discuss current mindfulness and autopilot experiences
- Explore their thoughts on mindfulness
- Address misconceptions
- Tailor the discussion to the client's goals and values
- Provide psychoeducation
- Practice in session
- Explore a wide range of practices
- Focus on informal practices where appropriate

Remember, for clients who are very resistant, you can always incorporate mindfulness techniques without explicitly labelling them as such. Feel free to use alternative labels such as stress-reduction techniques or attention training.

By incorporating mindfulness techniques in a subtle manner, you can help clients reap the benefits without encountering resistance.

Meditation Scripts Guidance

- Brief pauses duration: 2 to 5 seconds
- Prolonged pauses duration: 10 to 30 seconds
- Be mindful of participants' responses and adjust the durations accordingly.
- If participants seem restless or confused, you might need to shorten pauses or offer additional guidance. If they appear relaxed, longer pauses can enhance their experience.
- The time of day can influence how relaxed or alert participants are. For example, in a morning session, people may need more time to transition into a relaxed state, whereas an evening session might allow for quicker transitions.
- With practice and experience, you'll develop a better sense of how long pauses should be based on the needs of your participants and the flow of the session. Reflect on each session and use your observations to refine your approach.

Mindful Breathing Meditation Script

Let's start by settling into a comfortable position. Now, gently close your eyes.

Give yourself permission to slow down and be present for the duration of this meditation.

[Brief pause]

Now, bring your attention to your breath, without trying to change it in any way.

Next, shift your awareness to your nostrils.

[Brief pause]

Notice the coolness of the air as you breathe in, and the warmth as you breathe out.

[Prolonged pause]

Shift your awareness now to your stomach. Notice the rising and falling of your stomach with each inhale and exhale.

[Prolonged pause]

Your mind might be wandering, and that's okay. Gently bring your attention back to your stomach.

[Brief pause]

Now let's spend some time focusing on wherever feels the most comfortable for you – your nostrils or your stomach.

[Prolonged pause]

Inhale, exhale.

Noticing a deeper sense of relaxation with every inhale and exhale.

[Prolonged pause]

Bringing your attention back to the breath whenever you notice your mind wandering.

[Prolonged pause]

Now, gently bring your awareness back to the room.

[Brief pause]

Wiggle your toes and have a gentle stretch.

[Brief pause]

And whenever you're ready, gently open your eyes.

Body Scan Meditation Script

Let's start by settling into a comfortable position. You might lie down on your back with your arms by your sides and your legs slightly apart. Or perhaps you're sitting in a comfortable chair with your feet flat on the floor and your hands resting on your lap.

Now, gently close your eyes. Give yourself permission to slow down and be present for the duration of this meditation.

We spend so much time lost in our minds, worrying about the past or future. Doing this can disconnect us from our body. We might lack awareness of physical states such as tension, fatigue, or discomfort. This practice is about helping us become more attuned to our bodily sensations, reconnecting mind and body.

Let's start by taking a few breaths. Inhale and exhale gently and slowly through your nose.

[Brief pause]

Allow yourself to relax with each breath.

[Brief pause]

Now, shift your attention to your feet. Noticing any sensations that arise without trying to change them. Perhaps there's some tingling, pulsating or heaviness.

[Prolonged pause]

Moving your attention up now to your lower legs. Noticing the sensations in your calves and shins. Any warmth or coolness, tingling or aching.

Let your muscles relax more and more with each breath.

[Prolonged pause]

Bringing your awareness now to your knees. Allow your knees to become heavy as you inhale and exhale.

[Prolonged pause]

Moving up to your thighs. Feeling the weight of your legs and the support underneath them. Letting your muscles relax more and more with each breath.

[Prolonged pause]

Now, shifting your attention to the hips. Noticing the connection with the surface beneath you. Feel yourself sinking deeper and deeper into the bed or chair. Feel the weight of your body being fully supported. Let this sense of relaxation spread slowly through your lower body.

[Prolonged pause]

Body Scan Meditation Script

Next, shift your awareness to your abdomen. Notice the rise and fall of your breath with every inhale and exhale.

[Prolonged pause]

Bringing your attention now to your chest. Making room for any sensations that arise, leaning into them without trying to change them.

[Prolonged pause]

Moving down to your hands, becoming aware of any sensations in your fingers, palms, and the backs of your hands. Any tingling, pulsing, warmth, coolness. Noticing the weight of your hands as they sink into the surface beneath you. Allow your hands to feel heavy and more relaxed with each breath.

[Prolonged pause]

Shifting your attention to your lower arms. Inhaling and exhaling, noticing any sensations that arise.

[Prolonged pause]

Moving up to your elbows, noticing any sensations here.

[Prolonged pause]

Moving your awareness now to your upper arms, noticing any sensations here.

[Prolonged pause]

Shifting your attention to your shoulders. Noticing any sensations of tightness or relaxation in this area. Allow your shoulders to soften and release with each exhale.

[Prolonged pause]

Moving up to your neck, becoming aware of any sensations or tension here.

[Prolonged pause]

Bringing your awareness now to your face. Allow your facial muscles to relax. Let go of any tension with every exhale.

[Prolonged pause]

Now, broadening your awareness to your whole body. Feeling the weight of your body as you sink into the surface beneath you.

[Prolonged pause]

Body Scan Meditation Script

Take a few moments to rest in this state of relaxation. Breathing slowly and gently in and out of your nose.

[Prolonged pause]

Whenever you're ready, slowly begin to bring your awareness back to the room.

[Brief pause]

Wiggle your fingers and toes, and gently stretch your body.

[Brief pause]

When you're ready, gently open your eyes.

Progressive Muscle Relaxation (PMR) Script

Note: In PMR, the recommended duration for holding each muscle contraction is typically 5 to 10 seconds. Releasing the tension and noticing relaxation can be done for the same duration.

Let's start by settling into a comfortable position. You might lie down on your back with your arms by your sides and your legs slightly apart. Or perhaps you're sitting in a comfortable chair with your feet flat on the floor and your hands resting on your lap.

Now, gently close your eyes.

Give yourself permission to slow down and be present for the duration of this meditation.

During progressive muscle relaxation, it's important to listen to your body's signals. If you feel any discomfort or pain, adjust the tension or skip that muscle group.

Let's start with your feet. Curl your toes tightly, as if you're trying to pick up a pencil with them. Hold this tension for a few seconds.

[Brief pause]

Now, release and let your feet relax. Notice the difference between tension and relaxation in your feet.

[Brief pause]

Now, tense the muscles in your calves by pointing your toes toward your head. Hold this tension for a moment.

[Brief pause]

Now, release. Notice the sensation of relaxation spreading through your legs.

[Brief pause]

Next, tense the muscles in your thighs by squeezing your thigh muscles tightly. Feel the tension building as you hold this position for a few seconds.

[Brief pause]

Now release, and notice the sensation of relaxation in your thighs.

[Brief pause]

Moving up to your abdomen, tighten your stomach muscles by sucking your belly button in towards your spine. Hold for a few seconds.

[Brief pause]

And release. Notice the difference between tension and relaxation in your stomach.

Progressive Muscle Relaxation (PMR) Script

[Brief pause]

Next, tense the muscles in your chest and back by squeezing your shoulder blades together. Feel the tension in your upper body.

[Brief pause]

Now exhale and release, allowing your chest and back to relax. Notice the difference between tension and relaxation here.

[Brief pause]

Now, clench your fists.

[Brief pause]

And release. Notice the feeling of relaxation here.

[Brief pause]

Tighten your forearms by bending your hands back at the wrist.

[Brief pause]

Now, let your arms go limp by your sides. Notice how heavy they feel. Sense the tension melting away from your hands and arms.

[Brief pause]

Moving up to your shoulders, bringing them up towards your ears to create tension in your neck and shoulders.

[Brief pause]

Now release. Notice how the tension dissolves from your neck and shoulders.

[Brief pause]

Finally, scrunch up your face for a few seconds by squeezing your eyes shut and clenching your jaw.

[Brief pause]

And release. Feel your facial muscles completely relax. Notice the difference between tension and relaxation in your face.

[Brief pause]

Now, move your jaw from side to side while keeping your teeth clenched.

Progressive Muscle Relaxation (PMR) Script

[Brief pause]

Now, stop and relax. Notice the difference between tension and relaxation in your jaw.

[Brief pause]

Now, gently bring your awareness back to the room.

[Brief pause]

Wiggle your toes and have a gentle stretch.

[Brief pause]

And whenever you're ready, gently open your eyes.

[Brief pause]

Remember that you can tune into your body and release feelings of tension throughout the day. Common areas we hold tension are the shoulders, neck, and jaw.

The simple practice of allowing your muscles to relax can help you reduce stress and cultivate a stronger sense of calm.

Loving-Kindness Meditation (LKM) Script

Let's start by settling into a comfortable position. Close your eyes if it feels comfortable, or keep them softly focused on a point in front of you. Take a few slow, deep breaths, giving yourself permission to be present for the duration of this meditation.

[Brief pause]

Let's start by directing feelings of loving-kindness towards yourself. Repeat these phrases while visualising yourself feeling content:

- May I be happy
- May I be healthy
- May I be free from suffering

[Prolonged pause]

It's okay if you feel slightly uncomfortable. Remember, the practice of loving-kindness isn't about forcing certain feelings. It's about gently cultivating an attitude of friendliness towards yourself.

[Brief pause]

Next, bring to mind someone in your life who you're grateful for. It could be a friend, a partner, a pet, or even a public figure. Visualise their face and smile. As you hold them in your mind, repeat the following phrases:

- May you be happy
- May you be healthy
- May you be free from suffering

Lean into the love and compassion you feel for them. Visualise them being at peace.

[Prolonged pause]

Now, shift your focus to someone you have neutral feelings towards, like a neighbour or a coworker. Visualise their face and repeat the same phrases:

- May you be happy
- May you be healthy
- May you be free from suffering.

[Prolonged pause]

Next, bring to mind someone who you have somewhat challenging feelings towards. As you visualise this person, remind yourself that they, like you, are a human being with their own struggles. Repeat the phrases:

- May you be happy
- May you be healthy
- May you be safe
- May you live with ease

Loving-Kindness Meditation (LKM) Script

[Prolonged pause]

If it feels appropriate, consider extending forgiveness towards this person. Remember that forgiveness isn't about condoning someone's actions – it's about releasing yourself from the burden of anger.

[Brief pause]

Cultivate compassion towards yourself as you extend this forgiveness. Acknowledge any pain that you've experienced as a result of the person's behaviour, and recognise that you deserve to be free from that suffering.

[Prolonged pause]

Whenever you're ready, gently return your focus to your breath and the present moment.

[Brief pause]

Notice how it feels to have cultivated kindness and compassion.

[Brief pause]

Now, gently wiggle your fingers and toes.

[Brief pause]

Give your body a gentle stretch, and slowly open your eyes.

Mantra Meditation Script

Let's start by settling into a comfortable position.

Take a few slow, deep breaths in and out through your nose. Inhale and exhale.

[Brief pause]

Give yourself permission to slow down and be present for the duration of this meditation.

[Brief pause]

Now, choose a mantra that resonates with you. It could be a word that reflects qualities you wish to cultivate, such as peace, love, or compassion. Or it could be a phrase you find soothing, like "I am safe" or "I am enough". When you're ready, begin repeating your mantra silently in your mind.

[Prolonged pause]

Allow each repetition to be natural and effortless, syncing the rhythm of your mantra with the rhythm of your breath.

[Prolonged pause]

When you notice any thoughts, emotions or bodily sensations, simply observe them without judgement. Gently return your focus to the mantra whenever you become distracted.

[Prolonged pause]

Bringing your attention back to your mantra whenever you notice your mind wandering.

[Prolonged pause]

Feeling yourself sinking deeper and deeper into a state of relaxation.

[Prolonged pause]

Now, slowly release the repetition of the mantra.

[Brief pause]

Take a moment to notice how you feel. Observing any shifts in your body or state of mind.

[Prolonged pause]

And whenever you're ready, gently bring your awareness back to the room.

[Brief pause]

Wiggle your fingers and toes.

[Brief pause]

Have a gentle stretch, and slowly open your eyes.

Visualisation Meditation Script

Let's start by settling into a comfortable position.

Take a few slow, deep breaths in and out through your nose.

[Brief pause]

Inhale and exhale. Feel the rise and fall of your belly and the gentle flow of air in and out of your nostrils.

[Brief pause]

Give yourself permission to slow down and be present for the duration of this meditation.

[Brief pause]

Now, imagine a warm, golden light hovering above your head. This radiant light is soothing and filled with peace.

[Brief pause]

Picture this light slowly moving towards you. As it touches the top of your head, feel its warmth spreading across your scalp, relaxing every muscle .

[Prolonged pause]

Now, picture it flowing down into your forehead, softening your brow.

[Prolonged pause]

See it moving down into your face, relaxing your eyes, your cheeks, and your jaw. Feel the soothing warmth melting away any tension.

[Prolonged pause]

Picture the light flowing down, reaching your neck and shoulders. Feel the warmth spreading through your neck, down into your shoulders, releasing any tension you may be carrying.

[Prolonged pause]

Allow the light to travel down your arms, flowing through your elbows, forearms, wrists, and into your hands and fingers. Feel the gentle warmth relaxing every muscle.

[Prolonged pause]

Now, bringing your awareness back to the center of your body, as the warm light moves down your chest, soothing your heart and lungs. Feel yourself becoming more and more relaxed.

[Prolonged pause]

Picture the light moving down towards your stomach, relaxing all the muscles around it.

[Prolonged pause]

Visualisation Meditation Script

Now, feeling the warmth spreading through your lower back and hips, releasing any tension stored here.

[Brief pause]

You're feeling more and more relaxed as the light flows throughout your body.

[Prolonged pause]

The light is flowing down into your thighs, knees, calves, and ankles, relaxing every muscle in your legs.

[Prolonged pause]

Finally, picture the light reaching your feet and toes, filling them with a soothing, warm glow.

[Prolonged pause]

Now, imagine that this warm light begins to expand from within you, surrounding your entire body.

[Brief pause]

You're surrounded by warmth, feeling peaceful, relaxed and safe.

[Prolonged pause]

Resting in this sense of relaxation, knowing that you're supported by this warm, gentle light.

[Prolonged pause]

Now, whenever you're ready, slowly begin to bring your awareness back to the room.

[Brief pause]

Wiggle your fingers and toes, and gently stretch your body.

[Brief pause]

When you're ready, gently open your eyes.

Vipassana Meditation Script

Let's start by settling into a comfortable position. Close your eyes if you'd like, or keep them softly focused on a point in front of you.

[Brief pause]

Take a few slow, deep breaths in and out through your nose.

[Brief pause]

Give yourself permission to slow down and be present for the duration of this meditation.

[Brief pause]

We'll begin with noticing the sensations of breathing in and out, allowing the breath to be your anchor to the present moment.

[Prolonged pause]

Noticing the rise and fall of your stomach with every inhale and exhale. Not changing your breathing in any way, simply observing it as it is.

[Prolonged pause]

Now, gradually expand your awareness to include other sensations in your body. Notice any areas of tension or relaxation, warmth or coolness, heaviness or lightness. Simply observe these sensations without judgement, allowing them to come and go.

[Prolonged pause]

Reflect on the nature of sensations. Notice how they're constantly changing, arising and passing away.

[Prolonged pause]

Bringing your attention now to your thoughts. Noticing any words or images that arise in your mind, whether they concern the past, future, or the present.

[Prolonged pause]

Observing your mind's activity as if you were watching clouds passing through the sky.

[Brief pause]

Noticing your thoughts without getting caught up in them.

[Prolonged pause]

Now, bring your awareness to any emotions you're experiencing. Allow them to be present without trying to change or suppress them.

[Prolonged pause]

Vipassana Meditation Script

As you continue to observe your thoughts and emotions, practice cultivating a sense of equanimity. This means accepting whatever arises in your experience with openness and non-reactivity.

[Brief pause]

Remember that everything is impermanent, and that your experiences, whether pleasant or unpleasant, will eventually pass.

[Prolonged pause]

Take a few moments to reflect on any insights that arose during your practice today.

[Prolonged pause]

Notice how your mind and body are feeling. Is there a greater sense of calm?

[Prolonged pause]

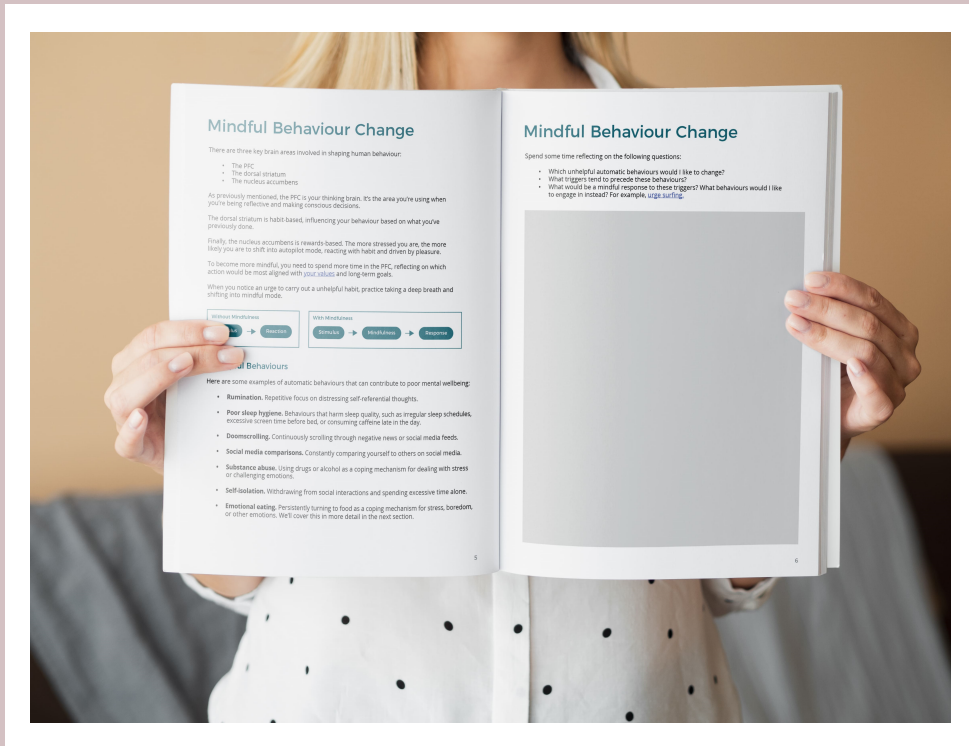
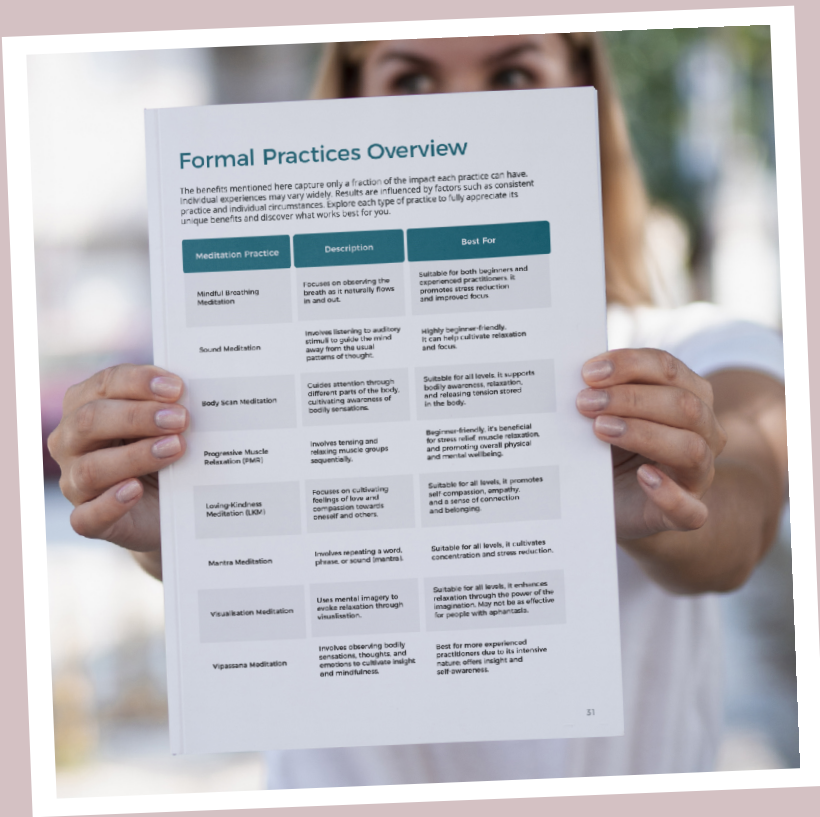
Whenever you're ready, gently bring your awareness back to the room.

[Brief pause]

Wiggle your fingers and toes, have a gentle stretch.

[Brief pause]

Now, slowly open your eyes if they were closed.



Want an affordable mindfulness toolkit?

Everything you need to encourage clients to cultivate mindfulness – from understanding the science, to step-by-step instructions, challenges, and tools for tracking progress.

[Learn more](#)