When mindfulness practice is hard

The common obstacles, and what to do about each.

Everyone who practises runs into the same handful of difficulties. They do not mean that mindfulness does not suit you. Working with them is part of the practice.

What happens	What helps
"My mind will not stop wandering."	That is every mind. Noticing it has wandered is the moment of mindfulness. Come back, kindly, a hundred times if need be.
"I get restless and want to stop."	Notice restlessness as sensations: where is it in the body? Shorten the practice, or try walking.
"I fall asleep."	Sit upright, open your eyes, practise earlier in the day. Or accept that you may need the sleep.
"I am bored."	Get curious about boredom itself. What is it actually like?
"I do not think I am doing it right."	There is no perfect session. If you noticed anything at all, you did it.
"It makes me feel worse."	Slowing down can bring up what busyness has been covering. Keep it short, eyes open, anchor on sounds or feet. Tell me, and we will adapt it.
"I do not have time."	Try one minute. Or pick one daily activity and do it with full attention.
"Nothing is happening."	The effects are gradual, like fitness. Look back after a few weeks, not after each sitting.

What helps most

- A regular time and place
- Short and often, not long and rare
- An attitude of kindness, especially when it goes badly
- Someone to practise with, or a recording to follow

The obstacle I meet most

What I will try

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