

# mindfulness exercises

*tips to reduce stress & be more present*

# take time.



being  
**BUSY**  
ALL THE TIME  
is part of our culture.

**BUT**  
that doesn't  
mean it is  
**HEALTHY.**

Taking time for yourself isn't selfish. It's important for your mental and physical health. An overwhelming schedule leads to exhaustion, burnout, and stress. This could lead to anxiety disorders, depression, and substance use disorders. You deserve better.

In order to take care of others, you must first take care of yourself. And when you do, you'll actually become *more* productive and improve your mental and physical health.



Yoga



Walking



Journaling



Taking breaks  
at work



Meditating



Working on  
a puzzle



Connecting  
with a friend



Gardening



Eating  
without the  
TV on



Reciting  
positive  
affirmations



1-hour phone  
break



Doing  
something for  
someone else

## IDEAS to add to YOUR DAILY ROUTINE

Mindfulness activities don't have to take a long time. On the contrary, small changes in your daily routine can best serve you and your mental health.

# grounding exercise

- 5 Look for five things you can see.
- 4 Be aware of four things you can touch.
- 3 Acknowledge three things you can hear.
- 2 Notice two things you can smell.
- 1 Become aware of one thing you can taste.



## box breathing

- 1 Breathe in deeply through your nose into your belly for a count of four.
- 2 Hold your breath for a count of four.
- 3 Exhale slowly through your mouth for a count of four.
- 4 Hold your breath for a count of four.
- 5 Repeat.

## body scanning

Starting from your feet, bring awareness to various parts of your body. Focus on your toes, then your entire foot, then your ankles, calves, knees, thighs, and so on until you reach the top of your head. Try to relax each part of your body as you focus on it.

When you get to each part, notice any aches, pains, tension, or other sensations. If you feel any uncomfortable sensations, focus on your breath. This can help you alleviate stress and relieve tension.



## more ideas

- 1 **STAY PRESENT**  
Let go of thoughts about the past and the future. This wastes precious time and energy. Try your best to focus on the present moment.
- 2 **BE KIND TO YOURSELF**  
Don't judge your feelings, emotions, and thoughts. Just feel them.
- 3 **MEDITATE ON YOUR BREATHING**  
Breathe deeply through your nose, and breathe slowly out of your mouth. Your mind may wander, but when it does, bring your attention back to your breath.
- 4 **GET IN TOUCH WITH YOUR SENSES**  
Notice what you hear, the temperature of your skin, and the scents in the air.