

Mindfulness Exercises

Deep Breathing

Inhale deeply through your nose for 4 seconds

Hold your breath for 4 seconds

Exhale slowly through your mouth for 4 seconds

Hold for 4 seconds before your next inhale

Repeat the cycle 4-6 times.



DECREASES HEART RATE
LOWER STRESS HORMONES
INTERRUPTS "FIGHT OR FLIGHT" RESPONSE

THIS QUICK SENSORY FOCUS INTERRUPTS
SPIRALING THOUGHTS AND BRINGS CALM



5 Senses Grounding

5 things you see
4 things you touch
3 things you hear
2 things you smell
1 thing you taste

Gratitude Pause

Pause what you're doing → think of three things you're grateful for → reflect briefly on why they matter.



MOMENTS OF GRATITUDE REDIRECT FOCUS
AWAY FROM STRESS AND TOWARD
POSITIVE PERSPECTIVE.

BRINGS AWARENESS BACK TO THE
PRESENT AND HELPS RELAX PHYSICAL
STRESS HOLDS



Mini Body Scan

Sit quietly → close eyes (optional) → briefly notice each area starting at your feet, and work up your body (feet; thighs; belly; chest; shoulders; neck; head)
→ as you exhale, imagine releasing tension.