

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.*

5 Senses Grounding
Gratitude Pause
Mini Body Scan