

# QUICK MINDFULNESS EXERCISES

## FIVE SENSES EXERCISE



Notice five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

## DEEP BREATHING



Close your eyes. Inhale for a count of four, hold for a count of four, and exhale for a count of four.

## BODY SCAN



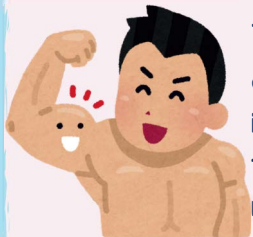
Lie down, close your eyes, and focus on each part of your body from head to toe, noticing any sensations in your body and how they feel.

## MINDFUL LISTENING



Listen to a piece of calming music or nature sounds and focus on the different sounds you can hear and identify.

## PROGRESSIVE MUSCLE RELAXATION



Tense and then relax different muscle groups in your body, starting from your toes and moving up to your head.

## GRATITUDE JOURNALING



Write or draw one or two things you are grateful for each day.

## BREATHING BUDDY



Lie down with a small stuffed animal or item of your choice and place it on the stomach. As you breathe in and out, watch the animal rise and fall, focusing on the breath.