

SIX ways to be mindful.

Look – What colors do you see? What textures and shapes? Watch the clouds go by. Take in the beauty of a plant or a bouquet of flowers. Look at the pattern of the carpet.

Listen – What sounds do you hear? Which sounds are farthest away? Which sounds are closest to you? Can you hear yourself breathing?

Feel – Feeling your feet on the floor and your body in the chair. Noticing the gentle pull of gravity grounding you to the earth.

Taste and Smell – Taste on the tongue? What aromas are present?

Breathe – Follow 5 full breaths.

Breathing in.....Breathing out.....1

Breathing in.....Breathing out.....2

Breathing in.....Breathing out.....3

Breathing in.....Breathing out.....4

Breathing in.....Breathing out.....5

Breathing in peacebreathing out stress

“joy””sorrow”

“stillness””chaos”

-fill in the blank-

Two feet - One breath-

Feeling into the sensations of the feet connecting to the floor.
Notice the breath come in and out of the body.

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Self Care-

Self care is something that refuels us rather than takes form us.

Think about something that is healthy that you enjoy. Examples are-

Walking in nature.

Cloud watching.

Sending out loving kindness

Buy yourself flowers – use their beauty and smell as a meditation.

Spending time with a pet.

Playing a board game with a loved one.

Play an instrument.

Stretch your muscles. Do 15 minutes of yoga.

Create art.

Watch a funny movie.

Read a book on your favorite topic.

Watch funny cat videos.

Listen to uplifting music.

Drink a cup of your favorite healthy tea.

Eat your favorite healthy meal.

Write in a journal.

Take a nap or have rest time.

“I hope that even on the hardest of days, comfort finds you. I hope you can allow yourself to trust, that even when it feels so far away, joy will always remember the route to your door. And I hope, hard as I know it is, that you can be gentle with yourself in the waiting. “

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