

MINDFULNESS EXERCISES

1



Focus on your breath, count your breaths, and be aware of your breath going in and out.

MINDFUL BREATHING

2

Take a few moments to think of something that you are grateful for and really let the feeling of gratitude sink in.



GRATITUDE PRACTICE

3



Take time to repeat positive affirmations to yourself, such as “I am capable of achieving my goals” or “I am strong and capable.”

POSITIVE AFFIRMATIONS

4

Take time to sit in stillness and focus on your breath or repeat a mantra to yourself.



MEDITATION

5



Focus your attention on different parts of your body and notice the sensations as you move through each one.

BODY SCAN