



Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. Below are some grounding exercises (1 - 3) along with some distraction exercises (5 - 13). These can be carried out in private at home, or while waiting in line at the grocery store, or any time you might need them! (All of these can be used with your beaded bracelet activity.)

Mindful Activity Suggestions:

1. Take note of: 2 things you can see, 2 things you can smell, 2 things you can hear, 2 things you can touch, 2 things you can taste.
2. Look for 1 thing that is RED, 1 thing that is ORANGE, 1 thing that is YELLOW, 1 thing that is GREEN, 1 thing that is BLUE, 1 thing that is INDIGO, and 1 thing that is VIOLET
3. Do the Four Square Breathing technique 10 times. [Breathe in to the count of 4, hold it for 4, exhale for 4, do nothing for 4.]
4. Think through, or say out loud, your 7 affirmations.
5. Acknowledge the first 7 things to come to mind.
6. Count 7 blessings in your life.
7. Count 7 things you have accomplished in [today, the past year, the past 5 years, etc.].
8. Focus on the 7 people who influence your life the most.
9. Think of your 7 happiest memories (are they different from the last time you did this?)
10. Imagine 7 places you'd like to travel (new or revisited).
11. Let go of 7 unreasonable worries/expectations.
12. Choose a goal: what are the 7 steps between you and the goal.
13. Think of 7 encouraging quotes that you know from memory.