

SHORT AND SWEET MINDFULNESS/GROUNDING EXERCISES

1. Take 5 deep breaths. With every inhale, breathe in peace and with every exhale breathe out worry.
2. Imagine yourself on a beach. What does it look like? Smell like? Sound like? Physically feel like?
3. Scan your body from the top of your head to the tips of your toes. Where do you notice you are holding tension? Breathe calmness into those tense places.
4. Stretch your arms up to the sky then down to the floor slowly. Try to notice all the muscles you use in your body to do this.
5. Sit and notice, or take a short walk and notice something beautiful.
6. Name 3 things in the room that are perfectly still. Name 3 things that are moving.
7. Breathe in and imagine a river, breathe out imagine the river washing your stress away.
8. Place one hand over your chest and one over your belly. Take 5 deep breaths and notice how your hand feels on your chest and belly as you breathe.
9. Breathe in 4 seconds, hold 4 seconds, out 4 seconds. Do this 4 times.
10. Name one thing in the room you have never noticed before.
11. Name 3 people and 3 things you are thankful for.
12. Take 10 steps as mindfully and quietly as you can.
13. 3-2-1 Contact: Notice 3 points of contact between you and the earth.
14. 4,3,2,1- Notice 4 things you see, feel, and hear then 3 things you see, feel and hear, then 2 things you see, feel, and hear, then one thing you see feel and hear.
15. Look around you. Name as many things as you can that are green.
16. Stand up and try to stand perfectly still for 20 seconds.
17. Pick up any random object in the room. Study it for 30 seconds as if you have never seen it before. Try to use as many senses as you can when studying the object
18. Mountain breathing- Breathe in strong, breathe out calm.
19. Take 5 "Hot chocolate breaths." Pretend you are holding a hot mug of hot chocolate. Breathe in the smell then blow out to cool it down.