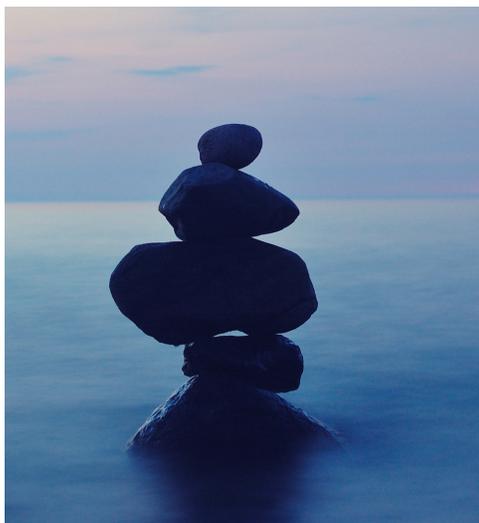


MINDFULNESS



Focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations

- Focus on breathing for 60 seconds. Take a deep breath in through the nose, hold for 6 seconds, and then breathe out through the mouth for 6 seconds
- If agitated tune into what the body is doing (*e.g., tapping foot, clenching fists*)
- Focus on input from your five senses: touch, sight, smell, hearing, and taste (*e.g., choose any color and spend 1 minute finding objects near you in that color*)
- Describe an object in the room for 60 seconds (*identify the texture, shape, and physical features*)
- Utilize free mindfulness apps to learn more grounding exercises

You cannot breathe in the past, you cannot breathe in the future, but you can focus on breath today

