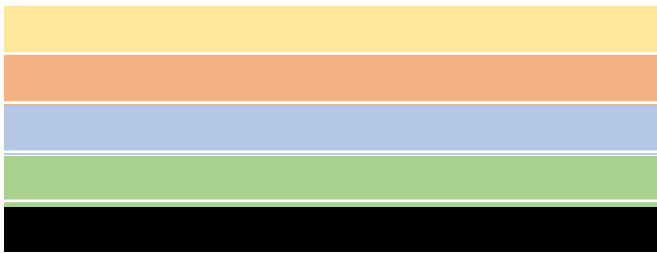




## Mindfulness Exercises

- **Mindful Breathing** - Notice the sound and feeling of your breath. Feel the rise and fall of your chest. Repeat.
- **Morning Journaling** - This may include writing goals for the day, affirmations, your dreams, or anything else to bring awareness to start of your day.
- **Shower or Soak** – Whether taking a long soak in the tub or a shower before work, take this moment to feel the water on your skin, the smell of the soap, and the sight and sound of the water as it washes you.
- **Waiting with Purpose** – This may be the perfect time to use mindfulness to tap into the senses. Notice your emotions, slow your heartrate, listen to sights, smells, and sounds around you, and push away any negativity.
- **Gratitude** – Take a moment to appreciate and be thankful.



***Open this brochure fully for the creative mindfulness activity >>>***

*“We’re so busy watching out for what’s just ahead of us that we don’t take time to enjoy where we are.” – Bill Watterson*



## Creative Mindfulness Activity

One way to connect with the present moment is through creative outlets like coloring. The image above is suggested as a way that you may begin. As you start this activity be sure that you are able to focus. Notice the patterns, the curves of the lines, and familiar shapes. Choose whether to outline the shapes with a pen or to color in the areas or both. Take note of the movements in your hand as you begin to color the page. Notice the colors that you choose, what feelings do the colors bring to mind? If you encounter intrusive thoughts gently dismiss them and return your attention to the page.