

Mindfulness activities



Helpful, quick, and relaxing ways to reset



BODY SCAN MEDITATION

Sit or lay down in a comfortable position with your eyes closed or resting open. Then slowly and deliberately focus your attention to different parts of the body. Start your focus at the toes and work your way up to your head slowly relaxing and letting go of the tension you may be holding in different areas of your body staying aware of the emotions and sensations in each part.



GRATEFULNESS

Find a quiet space to sit and reflect. Try to think of three things you are thankful for. Think of the person, action, object etc. and really try to examine why they made you feel the way they did.



REFOCUS

If you find that it is hard to concentrate and your mind feels cluttered try a refocusing activity

Look around the room you are in or outside and try to find something of every color or the rainbow. Stay mindful and aware of your surroundings and try to pick up on things you may not have noticed before

