



# MINDFULNESS



a mental state achieved by 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 breathing today**



CITATIONS

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