

Mindfulness @

When you are consumed with worry or can't focus try these techniques at home to bring your mind back into focus. Start by sitting in a comfortable chair and taking several deep breaths then complete the following exercises

Grounding



DESCRIBE **5** THINGS YOU SEE



DESCRIBE **4** THINGS YOU FEEL



DESCRIBE **3** THINGS YOU HEAR



DESCRIBE **2** THINGS YOU SMELL



DESCRIBE **1** THINGS YOU TASTE

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Body Scan



TAKE A SCAN OF YOUR BODY. STARTING WITH YOUR TOES.

- MOVE YOUR TOES BACK AND FORTH
- MOVE YOUR CALVES AND FLEX THEM UP AND DOWN.
- TAKE A FEW DEEP BREATHES, AND NOTICE HOW YOUR CHEST RISES AND FALLS WITH EACH BREATH
- MOVE YOUR SHOULDERS AND SHRUG THEM UP TO YOUR EARS AND DOWN AGAIN
- MOVE YOUR FINGERTIPS
- ROTATE YOUR NECK AND HEAD TO THE LEFT AND THEN TO THE RIGHT

NOTICE HOW YOUR BODY FEELS AS YOU MOVE YOUR BODY AND AGAIN AFTER YOU TAKE YOUR SCAN.

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Mindful Dots



PUT YOUR HEAD ON YOUR DESK.

PLACE YOUR FINGER ON THE 10 DOT AND COUNT DOWN SLOWLY FROM 10 TO 1. WITH EACH NUMBER IN THE COUNT:

- TAKE A DEEP BREATH AND THEN SLOWLY RELEASE IT
- MOVE YOUR FINGER ALONG THE DOTS

UPON COMPLETING THE COUNT, RAISE YOUR HEAD FROM THE DESK.

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Mindful Maze



TAKE A DEEP BREATH AND CLEAR YOUR MIND FOCUSING ONLY ON THE MAZE. USING YOUR NON-DOMINANT HAND, TRACE THE PATH WITH YOUR FINGER STARTING WITH THE CENTER LINE UNTIL YOU REACH THE END. FOCUS ON THE MOVEMENT OF THE MAZE AND BREATHING DEEPLY.

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