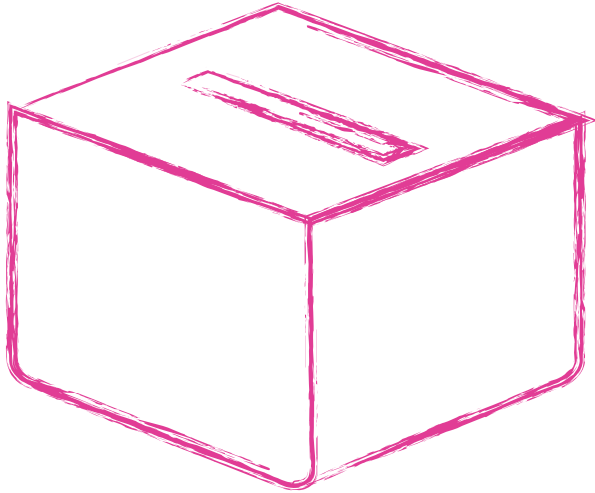


Mindfulness Toolbox



Mindfulness skills are a fantastic way to center us and bring us back to a place where we can manage our emotions. For this activity, grab a box and cut a hole in the top. Label it your mindfulness toolbox (and decorate if you'd like!) Read through and try the activities below, and when you find one that you like, add it to your box! You can also add toys, fidgets, and other objects that you use when practicing mindfulness.

Grounding - 5 senses

Grounding exercises are meant to connect us with the present moment. A great way to ground yourself is to use your senses to explore the world around you.

- Sound Example : Pause and name 5 things you can hear
- Sight Example: Describe something in your environment with great detail

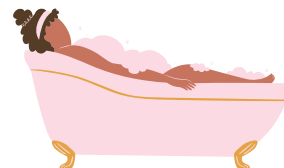


Savouring & Appreciating

Purpose: To fully enjoy and value the current moment.

Notice all the aspects of whatever activity you are engaging in and enjoy them.

- Example : Choose a part of your daily routine, like a shower, to use this tool. For the shower, notice the way the water feels, or the way your soap smells. If your thoughts wander, bring them back to the present activity.



Defuison

Purpose: To step back from overwhelming thoughts and take away some of their influence.

-Activity: Pick a thought that is troubling you. Now repeat the thought, but add " 'I'm having the thought that..." to the beginning. Next, repeat the thought with "I notice I'm having the thought that ..." at the beginning. This will create the separation between self and thoughts.

Narrowing & Broadening Focus

Purpose: To fully focus on the most important aspects of the current activity and refocus attention as required.

-Example : Choose a room to practice this technique.

Narrow focus by noticing the furniture, and then the materials of the furniture, the textures, etc. Get more and more detailed. Broaden by focusing on the walls, then the place of the room in the building, etc. Get broader and broader.



Engaging

Here, you are going to pick an activity, and consume your attention in this activity. Let's say the activity you choose is playing soccer. What you are going to do is focus only on the game; think about how you feel when you are running, and what strategies you are going to use next. If your mind wanders, bring it back to the activity.



Self-as-context

Purpose: To enhance experience with the present moment and provide a stable sense of self. This tool helps to ground you and your thoughts.

Decide to start this technique anytime. Notice your breath for 10 seconds. Notice that you're focused on your breath. Be aware of what your body is doing. Notice your thoughts on your body.

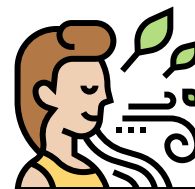
Thoughts as clouds

If you are having trouble focusing and being mindful, try for 2-3 minutes to clear your mind of all thoughts. Simply lay down, close your eyes and envision each thought you have as simply a cloud rolling away. Acknowledge the difference between you and your thoughts.



4-7-8 Breathing

This one is simple - If you need to center yourself and your thoughts, follow this breathing pattern five times. Breathe in or 4 counts, hold for 7 counts, release for 8 counts. Focus only on the breathing and the counting.



Body Scan

Here we will bring the focus back to the body. Lay or sit in a quiet, comfortable place and go to youtube. Search "body scan meditation and choose a video (there will be many options with varying lengths). These videos will lead you through directing your attention to different parts of your body. Try to follow the guide with your full attention.



4 Minute Mindful Eating

only choose this exercise if you are hungry, do not force yourself to eat

Here, simply focus on the sensations of the meal or snack at hand. For 4 minutes, direct your attention only to the food. How does it smell? What flavors are in it? What is the texture like? How does the utensil feel in your hand?



Mindfulness Walk

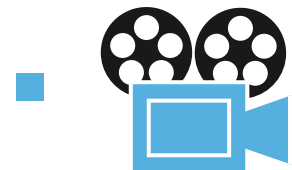
Just like the body scan, go to youtube on a mobile device. Search "mindfulness walking meditation" and choose a video that you think you will like. Put on some headphones, and follow the video while walking in a (safe) outdoor space.



Watch Your Own Movie

For this exercise, you are going to need to be alone, or have a pen & paper.

Observe your surroundings as if you were in a movie. Either verbally or on paper, describe everything that is going on around you in great detail, as if you were summarizing a scene in a movie to a friend who could not watch.



My Ideas!

If you come across a mindfulness activity that is not on this worksheet, write it here!

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