

Mindfulness Skills

Mindfulness is being present in the here and now.

TIP #1

↓ Judgment

Judgment is when we make evaluative statements like “*That’s disgusting!*” or “*I love this!*” We should limit these statements and observe instead.

Observations are when we make objective statements like “*This smells like gasoline*” or “*I just wrote a 500-word essay, and I worked on it for three hours.*”

TIP #2

↑ Observations

TIP #3

Refrain from Drifting

Drifting is when our thoughts shift from our initial thought to a different one. For example, I could be thinking about solving a math problem, and then my mind drifts to the delicious dinner I’m having later. To refrain from “drifting thoughts”, acknowledge that your mind drifted, take a breath in, and with your breath out, transition back to the initial thought.

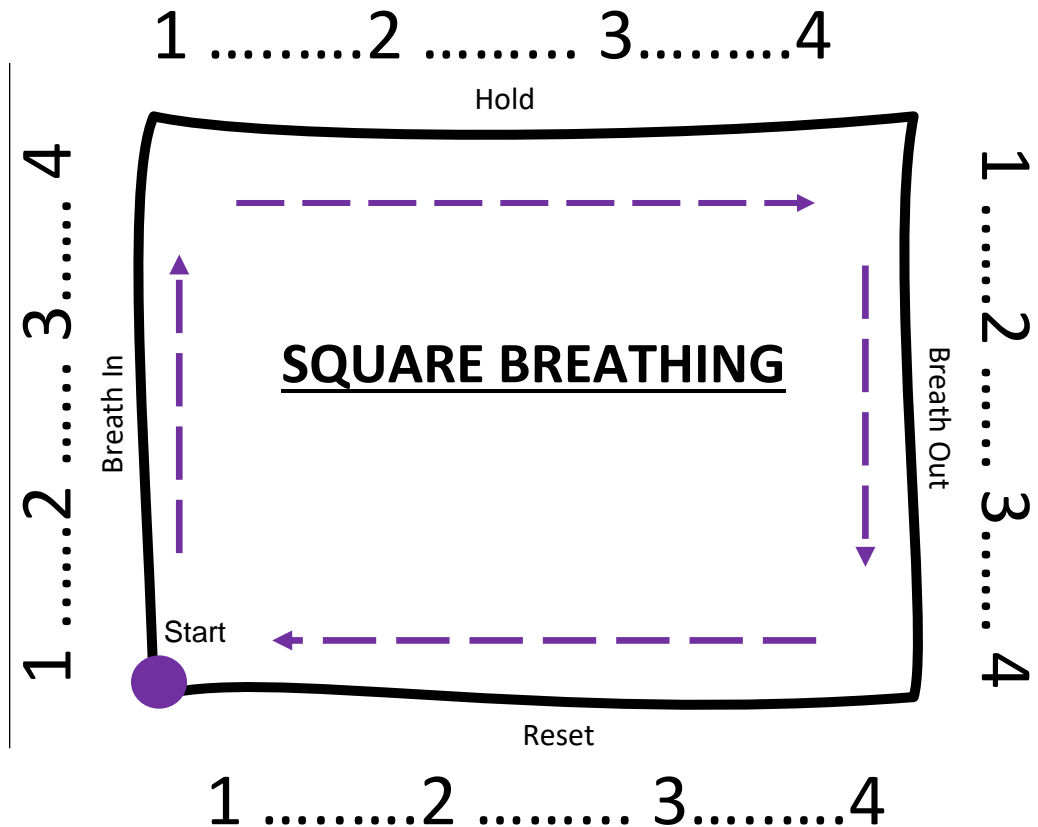
Mindful Skills to Try

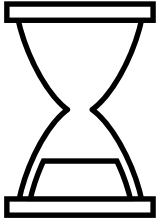
Here are some examples of Mindful Skills you can use:

Be mindfully and present of your surroundings by using your 5 Senses

5 Senses

-  What do I **SMELL**?
-  What do I **HEAR**?
-  What do I **TASTE**?
-  What do I **SEE**?
-  What do I **FEEL**?





Gratitude Minute

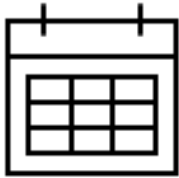
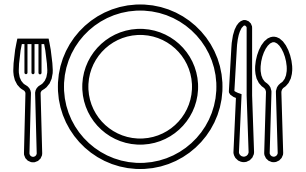
An easy way to feel better is reminding ourselves of what is good in our lives. This can be anything from getting a good grade to valuing the friends and family members we may have.

Take a minute to think about all that is good in your life.

Mindful Eating

Eating is fun... So why not enjoy it!?

Let's use mindful eating to make the most of our culinary experience and to help us recognize when we're full. What does our food taste like, is there a sound when we bit into it? What texture does it have? Let's use all 5 senses to enjoy our food.



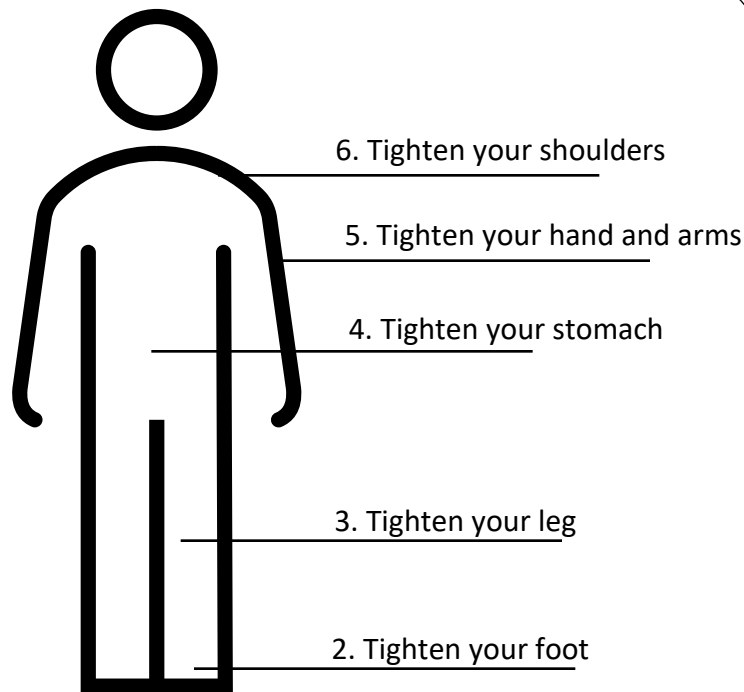
Mindful Planning

A helpful way to include mindfulness in your day is mindful planning. To mindfully plan, (a) in the morning you could take a moment to think about the stressful parts of your day and plan how you will respond so they can be less stressful. You could also develop a mindful routine by (b) using our mindful planning calendar to schedule times in the day you want to use different mindfulness techniques.

Muscle Relaxation

We can use muscle relaxation to relax our bodies when they feel tense by tightening and releasing individual muscles.

7. Tighten your whole body



1. Start and end by taking 3 deep breaths.

Tighten each muscle for 5 seconds and then relax.