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.

**TIP #2**
Observations

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 #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

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

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**SQUARE BREATHING**

1 ......... 2 ......... 3 ......... 4

Breath In

Start

Reset

1 ......... 2 ......... 3 ......... 4

Breath Out

Hold
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 see 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.

1. Start and end by taking 3 deep breaths.
   
   Tighten each muscle for 5 seconds and then relax.

   6. Tighten your shoulders
   5. Tighten your hand and arms
   4. Tighten your stomach
   3. Tighten your leg
   2. Tighten your foot
   7. Tighten your whole body