



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Mindfulness Exercises

Mindfulness exercises can help you stay present, reduce stress, and enhance overall well-being. Here are some practices you might find beneficial:

1. Three-Minute Breathing Space

This quick exercise is ideal for grounding yourself during a busy day:

1. **Awareness:** Pause and notice your current experience—thoughts, feelings, and bodily sensations. Acknowledge them without judgment.
2. **Focus:** Direct your attention to your breath, observing each inhalation and exhalation.
3. **Expansion:** Expand your awareness to your entire body, noticing any sensations, and then proceed with your day.

This technique is commonly used in mindfulness-based cognitive therapy to improve symptoms of stress and anxiety.

[Self](#)

2. Body Scan Meditation

This practice fosters a deeper connection between mind and body:

1. **Preparation:** Lie on your back with legs extended and arms at your sides, palms facing up.
2. **Attention:** Slowly direct your focus to each part of your body, starting from your toes and moving up to your head.
3. **Observation:** Notice any sensations, emotions, or thoughts associated with each area without trying to change them.

Regular practice can enhance bodily awareness and reduce tension.

[Mayo Clinic](#)

3. Five Senses Exercise

Engaging your senses can ground you in the present moment:

- **Sight:** Observe five things you can see.
- **Touch:** Notice four things you can feel.



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- **Hearing:** Listen for three sounds.
- **Smell:** Identify two scents.
- **Taste:** Acknowledge one taste.

This exercise shifts focus away from stress by immersing you in your immediate environment.

[New York Post](#)

4. Mindful Eating

Transform routine meals into mindfulness practices:

1. **Observation:** Examine your food's colors, textures, and aromas.
2. **Savoring:** Take small bites, chewing slowly, and focus on the taste and texture.
3. **Awareness:** Notice your body's hunger and fullness cues.

Mindful eating can enhance enjoyment and promote healthier eating habits.

5. "Floor Time" Practice

Inspired by a recent trend, this practice involves:

1. **Setting:** Find a comfortable spot on the floor, using blankets or cushions as needed.
2. **Relaxation:** Lie down and allow your body to relax completely.
3. **Breathing:** Focus on your breath, observing each inhale and exhale.

This simple practice can activate the parasympathetic nervous system, reducing stress and promoting relaxation.

[Verywell Mind](#)

Incorporating these exercises into your daily routine can help cultivate mindfulness and improve your quality of life.