
Mindfulness Techniques

Mindfulness helps bring your attention back to the present moment, reducing stress, worry, and rumination. These techniques strengthen awareness and calm the nervous system.

3-Minute Body Scan

Scan from head to toes, noticing sensations without judging them.

Use when: You feel disconnected, pain spikes and panic rises, or your mind feels noisy or unfocused.

Why it works: Breaks overthinking and reduces physical and emotional tension.

Observing Thoughts (Leaves on a Stream)

Imagine placing each thought on a leaf drifting down a stream.

Use when: Thoughts loop or won't stop, you can't switch off mentally, or you feel stuck in worry.

Why it works: Creates distance from thoughts and reduces rumination.

Mindful Touch

Hold an object and focus on its texture, temperature, and weight.

Use when: You feel overstimulated, you're dissociating, or you feel emotionally overloaded.

Why it works: Shifts attention to sensory input and helps ground your awareness.

Mindful Breathing

Notice the rise and fall of your breath.

Use when: You're anxious, you need quick grounding, or you feel distracted or tense.

Why it works: Anchors your attention and calms the nervous system.