



MINDFUL METHODS



Sitting, walking, eating, breathing — these are things we do everyday. They're easy, we don't even have to think about them...so we don't! The more often we do things, the easier it is to think about something else while we're in the moment. When we get distracted like this, our brains form **habits** of trailing off and it makes it harder to focus when it really counts.

Here's a few simple exercises you can practice the next time you do one of these activities today.



WALKING

Take a slower walk than usual.

Feel your heel touch the ground first and then your toes slowly come next.

Notice what the ground feels like on your feet.

Sense what you pass, take it in with your ears, eyes, nose and hands.

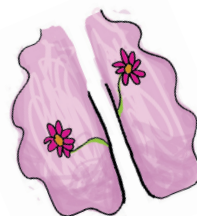
SITTING

Find a comfortable seat and close your eyes.

Notice if you're fidgeting and changing positions to "get comfortable."

Practice letting go of these fidgets and just notice them instead, you may have an itch but don't scratch it! See if it passes.

Start with 2 minutes and keep building overtime to see how long you can last.



BREATHING

Take some deep breaths through your nose.

Feel your belly fill up like a balloon on your inhale then use your finger to "pop" it on your exhale to squeeze all the air out.

Keep it rhythmic! You might even notice it sounds like the ocean.

Counts of 4 are a good place to start.



EATING

Hold a tiny raisin in your hand.

Roll it around in your fingers, feel the grooves and look at the different shapes they create.

Take a small bite and notice the way it tastes.

Practice chewing really slowly and then take your second bite!